

Restarting my journey... Again

Posted by sunnyswan68 - 25 Nov 2024 16:00

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I cant believe I'm posting here but here goes.

I'm 20 years old and have been struggling with porn and masturbation since I was 10. I had some good streaks, although it never lasts more than a month. Recently (as in the last few years) I haven't been able to go more than a few days. I went to israel and decided to restart my journey and now I'm at 22 clean days. I'm trying to use the gye programs but they really don't speak to me. Don't even know why I'm posting this. I've tried just about everything to stop, nothing really works for me. I set a goal for 90 days, but taking it one day at a time. Hoping this time will be different!

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Re: Restarting my journey... Again

Posted by jollylemur95 - 25 Nov 2024 17:10

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Hi!

Thank you for posting .Though I personal am not equipped to help you at this point, I can share that I was on GYE for a while without speaking to anybody just watching their self help material and it was not helping as much as I would have liked. What works best is to speak to people who have gone through this and emerged on the other side! The family here on GYE have so many great people to speak with! Reach out to them! Thank you so much for posting and keep the connection with the broader GYE family.

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Re: Restarting my journey... Again

Posted by amevakesh - 25 Nov 2024 17:13

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Welcome to the forums. You've made a great start by coming on to this site, and an even greater start by posting here. However the most powerful tool there is on GYE is reaching out to real people. People who have been exactly where you are, and understand you so well. If you haven't tried it yet, and you're ready to do so, realize, that there many many people that have also tried everything, nothing worked. That is, until they picked up the phone and reached out to one of the good folks here. You don't have to live a life of misery. I know that it feels like you've been dealing with this stuff forever, but you're still young and you've got your whole life in front of you. Lucky you, for not waiting so long before you address this issue. Please don't hesitate to reach out to anyone of the wonderful people here. You're life will change for the better. Stick

around, we'd love to get to know you better!

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Re: Restarting my journey... Again  
Posted by stopsurvivingstartliving - 25 Nov 2024 17:50

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So happy to have another single guy in Israel fighting the battle. First thing I will tell you is to reach out to [michelgelder@gmail.com](mailto:michelgelder@gmail.com) he is someone who's been through what we've been through and has been clean for years. He has helped hundreds out there getting to sobriety, send him an email of your story and he will get back to you with his number.

Another thing that can be very helpful is keeping us posted on your journey, it can be very helpful. It holds you accountable.

A third thing to do is look around the forums and find people whose stories talk to you. Then reach out to them by sending them a private message through the site. It's super helpful to have someone to talk to and text when feeling down.

Hatzlacha Raba! 22 days is a really good streak, keep it up!

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Re: Restarting my journey... Again  
Posted by proudyungerman - 25 Nov 2024 17:57

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Welcome to the warmest family in the world!

Here you will find true care, concern, and warmth.

Here you will learn that you CAN break free!

There are many tools here to help you in this fight.

There is the F2F Program, the Vaad Program\*, the book The Battle of the Generation - many have found this very helpful in reframing the struggle.

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There is also an extremely powerful tool of accountability, friends, and mentors, as has been mentioned, that has helped hundreds - myself included.

(Captain, I got the link. It's right here!)  
(Chai) Hasidim Help Me is the mentor-in-chief around here. He's reachable at [michelgelner@gmail.com](mailto:michelgelner@gmail.com). Eerie - [1gimpelovitz@gmail.com](mailto:1gimpelovitz@gmail.com), Muttel - [muttel15@gmail.com](mailto:muttel15@gmail.com), and iwannalivereal - [iwannalivereal@gmail.com](mailto:iwannalivereal@gmail.com) are a great place to start!

Looking forward to seeing great things from you!

And don't forget, as always, KOMT!!

\*Shem, link for the Vaad Program??

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Re: Restarting my journey... Again  
Posted by odyossefchai - 25 Nov 2024 18:01

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Welcome welcome

As Amevakesh (one of the malachim here) said, it's good to learn these new tools at a young age and then you can truly live a life free from P and/or M

(Wouldn't it have been great had we entered marriage free from this garbage!!)

Your goal should be to be completely free from this stuff and not to white knuckle your way through it.

The good news is that you can be clean and it's very very possible.

We look forward to being part of your journey to freedom and we'll be here all along the way.

All my love

Odyossefchai

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Re: Restarting my journey... Again  
Posted by levaryeh - 25 Nov 2024 20:10

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your post resonated because I'm around your age and also most GYE resources didn't speak to me UNTIL I contacted HHM : [michelgelner@gmail.com](mailto:michelgelner@gmail.com) and with his help (especially accountability) I have been able to do my longest streak ever. I highly highly recommend reaching out when your ready.

hatzlocha rabba

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Re: Restarting my journey... Again  
Posted by chosemyshem - 25 Nov 2024 21:39

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[proudyungerman wrote on 25 Nov 2024 17:57:](#)

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There is the F2F Program, the Vaad Program\*, the book The Battle of the Generation - many have found this very helpful in reframing the struggle.

)

There is also an extremely powerful tool of accountability, friends, and mentors, as has been mentioned, that has helped hundreds - myself included.

HHM - Hashem Help Me - is the mentor-in-chief around here. He's reachable at [michelgelner@gmail.com](mailto:michelgelner@gmail.com). Eerie - [1gimpelovitz@gmail.com](mailto:1gimpelovitz@gmail.com), Muttel - [muttel15@gmail.com](mailto:muttel15@gmail.com), and iwannalivereal - [iwannalivereal@gmail.com](mailto:iwannalivereal@gmail.com) are a great place to start!

Looking forward to seeing great things from you!

And don't forget, as always, KOMT!!

**\*Shem, link for the Vaad Program??**

And perfect timing as the new vaad timed for people in Israel (and all over the world) is iy"n getting off the ground soon. Hit that link and flyyyyyyy baby!

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Re: Restarting my journey... Again  
Posted by sunnyswan68 - 25 Nov 2024 22:41

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[levaryeh wrote on 25 Nov 2024 20:10:](#)

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hatzlocha rabba  
Right in my signature

I should probably reach out to him, seems like many here do, but I'm not ready for that just yet. If you don't mind sharing the general idea of what he told you, that would be great!

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Re: Restarting my journey... Again  
Posted by amevakesh - 26 Nov 2024 17:19

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Just like no two people are the same, no two struggles are the same, so too HHM's advice to everyone is different. Advice that works for one person might be devastating for another. For some he uses kid gloves, for some he offers empathy, for others he takes out his big and scary SLEDGEHAMMER and lovingly bops you on the head. There's no real shortcut for making use of the most powerful tool in GYE which is HHM other than to call him up. It might take time for you to get there, but when you do, your life will be changed forever. Don't be afraid, he's the nicest, most understanding person, and the chances are high that if you're a Bachur, he won't even take out his sledgehammer. He reserves that for when people mistreat their wives and don't realize it. Please for your sake, gather the courage and take the plunge. You will be glad you did.

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Re: Restarting my journey... Again  
Posted by proudyungerman - 26 Nov 2024 17:25

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[amevakesh wrote on 26 Nov 2024 17:19:](#)

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I can't agree with this post enough! And this coming from a guy who got sledgehammered...

It was a terribly hard phonecall to make but I have never regretted it for a second!

BTW, if you're too nervous to start with HHM, amevakesh is a great guy too! You can also try eerie - [1gimpelovitz@gmail.com](mailto:1gimpelovitz@gmail.com) , muttel - [muttel15@gmail.com](mailto:muttel15@gmail.com) , reb akiva - [mevakesh247@gmail.com](mailto:mevakesh247@gmail.com) . These are all great places to start, and they may help you gather the courage to call HHM.

Hatzlacha rabbah!

And, as always...

KOMT!

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Re: Restarting my journey... Again  
Posted by rebakiva - 26 Nov 2024 19:25

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And let's not forget about proudyoungergerman, he's also a very good guy to start with, although he has a sledgehammer, but it's very hard to reach, you'll need to take a flight to some weird town

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Re: Restarting my journey... Again  
Posted by jollylemur95 - 26 Nov 2024 19:47

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I strongly recommend the vaad, if you are not ready to make a personal call. When I started out I was not willing to call but the vaad felt safer because it was not one on one, more people who are in the same boat. Once I saw how understanding they were, that gave me the courage to make that phone call. But if you can, go all the way. You will not regret it! I have gotten , empathy, love, and the sledgehammer from HHM. As stated he usually reserves the hammer only for those who are mistreating their wives. Go for it. We are rooting for you!!!

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Re: Restarting my journey... Again

Posted by odyossefchai - 26 Nov 2024 19:57

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[amevakesh wrote on 26 Nov 2024 17:19:](#)

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What about the people who need a sledgehammer to get them to call HHM?

We need a pre sledgehammer to the sledgehammer

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Re: Restarting my journey... Again  
Posted by wantingbetter - 26 Nov 2024 20:06

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What about the people who need a sledgehammer to get them to call HHM?

We need a pre sledgehammer to the sledgehammer

The Office? Assistant to the assistant?

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