

Hey

Posted by yayme1 - 12 Jan 2025 21:21

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Hey, i never really thought id post but here I am.

i don't really have a story, just kind of got into watching inappropriate content a while back and stil struggling, even after so many commitments to breaking free...

just hopeful for a brighter future free of these behaviors.

however after being lost in this endless tunnel its hard to imagine a life free of this and if anyone has any tips, would be much appreciated!

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Re: Hey

Posted by simchastorah - 12 Jan 2025 21:29

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Shalom yayme1!

Here's a warm welcome to GYE, where many find hope. I'll leave the tips to the pros, but what I can tell you is here you'll find many many people who were probably in situations as 'hopeless' as yours and found their way out, often without much pain by their own testimony. If you want to break free and you're committed, stick around and your story will be the next one in the ever growing collection of kidushei hashem which is GYE.

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Re: Hey

Posted by yayme1 - 12 Jan 2025 21:43

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Thank you!

Much appreciated.

it's nice to see that people care!

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Re: Hey

Posted by yayme1 - 12 Jan 2025 22:07

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Hi guys,

i was here for just a few moments and amazed by all the warm responses and comments

just want to share a little more about myself, i started my struggle in yeshivah on a friends unfiltered device and seeing real p\*rn was a little horrifying but from then i got used to it and super hooked which eventually lead to ma\*\*\*\*\*

its been a few years now and just wanna let u guys know that there's been lots of ups and downs .

the point is that now I'm a weak clean bh and usually the first week is easy, but now reality is starting to set in (what I mean is that I don't feel so much that it would be so bad to go back into these behaviors when a urge comes up...) and the going starting to get tough...

just looking for tips for when you're not really feeling the inspiration to keep on working on yourself...?

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Re: Hey

Posted by odyossefchai - 12 Jan 2025 22:37

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Tzadik, welcome

Firstly I must commend you for reaching out. It isn't easy to open up about this very deep and personal topic.

Secondly, you made the right choice. You came to the right place.

Here you'll meet people who have been in your situation and have managed to break free and turned their lives around. And as said above, even if you have been in the shmutz for many years, it's a lot easier than you might think.

One good place to start is by speaking to Harav Michel Gelner.

He's been around the block a few times and has personally shlepped multiple (hundreds/thousands) out of the dirt singlehandedly, myself included.

[michelgelner@gmail.com](mailto:michelgelner@gmail.com)

It's a call you won't regret.

Stick around and shmooze to the beloved tzadikim here. They'll become your friends and they'll help you through the bad times and cheer you through the good times.

Wishing you all the best on your journey.

All my love

Od Yossef Chai

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Re: Hey

Posted by eerie - 13 Jan 2025 16:57

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Hi! Welcome to the warmest family on earth, my friend!

Stick around, read some threads, ask, listen, and you'll soon see that things can really change

What you describe after a week of being clean is very common. What you have to think is this: Why do I want to stop? I would guess that your answer is 'because it makes me feel icky, dirty, like a piece of garbage, etc.'. And when a week goes by, and the feeling that you felt right after you fell wore off, then we can start wondering, "What's so bad about doing it?". There's another thing at play, that of your body not getting what it's used to, and to start loudly demanding it

So, what's the eitzah? First of all, think about why do you really want to stop. The F2F calls it

"motivations for change". Once you have firmly established that you want to stop, and you have solid reasons for that decision, then having the emotional support of friends here that really care will beH be very helpful for you to actualize what you would like to accomplish

Looking forward to watching you soar!

Eerie

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Re: Hey  
Posted by yayme1 - 14 Jan 2025 00:02

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Yes that's vey true. Thanks for posting!

PPL think that once you quit and decide to change and actually DO see some change that's its enough, but there's a lot of the other challenges that come up along the way, like withdrawal etc. that can be just challenging.... The main thing is that u need to constantly work on changing and growing, (until eventually your brain starts to get used to your new habits and not so NEEDY for the old ways of getting excited.)

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Re: Hey  
Posted by yayme1 - 22 Jan 2025 16:38

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hey guys, hope everyone is doing well!

just want to leave a progress report, that after being clean for 2 weeks, i had a fall (which led to another:( , which took some time to recuperate from...

however I recently spoke with a friend and decided that we're gonna give each other a considerable amount of money, and if we stay clean for a month then we get the money back....and its been 2 days so far, hopefully with many more to come...

just want to thank all those ppl that have so supportive on my journey so far, you guys are the best!!!

**GYE - Guard Your Eyes**

Generated: 5 April, 2025, 12:18

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Re: Hey

Posted by proudyungerman - 03 Mar 2025 20:35

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How's it going, buddy?

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