

Back in the game

Posted by ttavlin613 - 25 Jun 2025 19:03

After being on this site on and off for 6 or 7 years without any long term success, I finally bit the bullet and went to see a therapist. There are not really any good options for Jewish therapists where I live so I went to a non-Jewish one, but he helped me really dive deep on myself and understand my own behaviors. I now understand myself SO much better and all of the things I was trying to avoid feeling by turning to pornography, and my own behavior finally makes sense to me.

?a big area of growth for me was also understanding that change does not require perfection. It's actually more about being able to get back up when you falls I thought I knew this before but I now feel this in a whole new way.

I think I'm now ready to try again and start using the tools here to really lock in and make lasting change.

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Re: Back in the game

Posted by daverose - 25 Jun 2025 20:33

Amazing! Maybe if your up to it reach out to one of the amazing mentors here. Its a game changer.

Hatzlacha!

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Re: Back in the game

Posted by hashemisonmyside - 25 Jun 2025 21:23

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Re: Back in the game

Posted by Yeshayahu 41:6 - 25 Jun 2025 22:52

One day at a time

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Re: Back in the game

Posted by lamaazavtuni - 26 Jun 2025 00:21

Welcome! Happy to have another yid who's in the struggle with us together!!

hatslacha rabah brother

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Re: Back in the game

Posted by eerie - 26 Jun 2025 04:32

Hi! Welcome to the most amazing family, TT613!

We are here to support each other, we care about you, we want to hear from you, and we look forward to watching you succeed and share your thoughts and insights with us

Keep on trucking!!!

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