

please help

Posted by helpasap - 11 May 2015 14:56

im searching for help if anyone could help me ill be more then thankful, at my computer at home i have a filter and a good strong filter but the problem starts when not far from my home their is located a internet cafe with open internet and after sitting there each and every day i say to myself "no more" but i cant help it cuz no filter could be placed at the cafe and again and again me feet walks there, anybody with idea??

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Re: please help

Posted by jack - 11 May 2015 15:07

you already had your own first good idea - you came here! you want to really know a SECOND good idea! ah, now THAT'S a good question - the road is open, once you came here there are many, many roads for you to take.they will be bumpy.recovery from this is not going to be easy.it will have disappoinments.but that's part of the process. dont let the disappoinments make you feel like there's no hope - we all start that way.and remember - you dont have to do recovery on your own!

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Re: please help

Posted by helpasap - 11 May 2015 15:20

is the only solution i have is to move to a place without a internet cafe???!!!!

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Re: please help

Posted by cordnoy - 11 May 2015 15:58

firstly, welcome

secondly, wherever we go, our lust-filled mind goes with it. movin' will not help. you need to

work on a different mindset. that is why we are all here.

b'hatzlachah

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