

New member

Posted by YakovW - 20 Nov 2022 17:56

Hu

I am nee here,, sstruggling like crazy

Please help

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Re: New member

Posted by jackthejew - 20 Nov 2022 18:00

Welcome! You CAN break free BE"H.

Take a look around the forums and check out the F2F program.

Please feel free to email me

Much Hatzlacha!

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Re: New member

Posted by Human being - 20 Nov 2022 18:03

Welcome, Would you like to share more details. Also hears a hug, struggling can be really hard.

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Re: New member

Posted by yakov57 - 20 Nov 2022 19:14

Ty very much

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Re: New member

Posted by DavidT - 20 Nov 2022 19:17

[YakovW wrote on 20 Nov 2022 17:56:](#)

Hu

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Please help

Welcome to GYE!

The first step is to celebrate the fact that you posted on GYE and you're reaching out for help. This in itself is a big part of recovery. Many people don't realize that they have a problem and even those who do, don't always reach out to be helped.

I would suggest checking out guardyoureyes.com/gyehandbook and our amazing F2F program...

One very important point is that anyone who has tried to quit watching and acting out before knows that it is a lot harder to do alone. This is because porn etc feeds off of our isolation and makes it harder and harder to get help. Even though it's hard, involving important people in our journey to recovery is a HUGE step in recovery. Remember, the addiction is a prison built on secrets, lies, shame, and isolation. Every time you open up to someone in honesty and love you are breaking down another chunk of those walls. Keep at it until you are free and there is nothing but a pile of rubble behind you.

We're looking forward to hearing more from you and to join along in your great successes ahead!

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Re: New member

Posted by Captain - 20 Nov 2022 19:40

Welcome!

Please check out these great free resources:ebook- The Battle of the Generation

Audio series- The Fight

They're very good to start with.

See below in my signature for the links.

?Hatzlocha!

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