

CHANGE... Before And After

Posted by rebakiva - 06 Nov 2024 15:53

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Hi I'm opening this new thread for everyone to write in 1 thing per post, that has changed in their life from before joining the GYE community, to afterwards.

The change can be anything that has changed **due to being a part of the GYE community** in your personal life, in your marriage, for the people around you like family and friends, or even just a way of viewing certain things like your way of life etc.

If you want you can add an explanation for it, or why that thing has changed, or how it changed your life going forward.

Let's try to keep it at **1 thing per post, and not too long**, just so it'll be easier to read in the future.

Thanks.

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Re: CHANGE... Before And After

Posted by rebakiva - 06 Nov 2024 15:54

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Before I used to think my only way out is with intense therapy, now I know just friendship with such great people is all I needed

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Re: CHANGE... Before And After

Posted by rebakiva - 06 Nov 2024 15:59

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Before I used to view women as objects, therefore they were sexy, but now I view them as Human beings, who are looking for true intimacy with **their** husbands and a life full of love and

nachas from **their** children, and they're totally not interested in my lusting & fantasizing over them therefore they ain't no sexy, they dont take up any space in my mind anymore.

For more info please listen to dov's shiurim on the topic.

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Re: CHANGE... Before And After  
Posted by puppy - 06 Nov 2024 17:15

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After I joined gye (i joined little more then a month ago) I have much more energy to fight, I'm coming up here almost every day I see so many ppl are fighting for freedom I think I wanna be part of them and I'll also fight!

I got a totally more Positive look on the whole thing, it's amazing no words

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Re: CHANGE... Before And After  
Posted by rebakiva - 06 Nov 2024 18:02

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4. I used to view a first look {even if it was a mistake} as the driving force leading me into an irresistible **urge**, now I view it as an opportunity to win big and not take that second look.

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Re: CHANGE... Before And After  
Posted by rebakiva - 06 Nov 2024 18:04

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5. I used to view a **urge** as the driving force leading me into p&m, now I view it as a little dog {chi chi wawa} trying to control me but I'll control him instead of him controlling me.

Find the fox method.

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Re: CHANGE... Before And After

Posted by rebakiva - 06 Nov 2024 19:36

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6. I used to view the Internet as a door to p..., now I **very cautiously** view it as a door to getting helped and helping fellow brothers here on GYE in inyanei kedusha.

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Re: CHANGE... Before And After

Posted by sprather - 06 Nov 2024 20:14

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I used to think that if I were ever to get clean, it would only be after I got married. Now I see that, even though it is hard, it is definitely in my grasp to stop now and stay clean forever, even if I remain single for a long time.

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Re: CHANGE... Before And After

Posted by cande - 06 Nov 2024 20:27

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i use to go online *only once a day* to watch porn, now im online *all day* watching GYE.

cande'

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Re: CHANGE... Before And After

Posted by rebakiva - 07 Nov 2024 02:05

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9. I used to cheat on my wife even if it was *only watching p... And then masturbating*, now I'm a loyal husband and will iyh never loose this loyalty.

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Re: CHANGE... Before And After

Posted by rebakiva - 07 Nov 2024 02:09

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10. I used to dread saying kedusha followed by the beracha of ata kadosh knowing that I don't deserve the VIP ticket to earn saying that, but now I say it with so much passion and love to hashem for giving the zechus of being a part of his kedusha.

As r' avigdor miller explained Ata kadosh and we're welcome to be a part of hashem's kedusha.

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Re: CHANGE... Before And After

Posted by rebakiva - 07 Nov 2024 02:38

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11. Hashem help me used to mean I'm in bad shape and was full of negativity, now it's a positivity, {It's also a name and a theme that always puts a smile on my face}

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Re: CHANGE... Before And After

Posted by rebakiva - 07 Nov 2024 02:50

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12. I used to be 2 people one bad and one very bad, now I'm just one great person thanks to all great helpers here.

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Re: CHANGE... Before And After

Posted by BenHashemBH - 07 Nov 2024 14:26

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I tried to stop many times because of all the negative feelings of shame and guilt, but it never lasted.

Now I feel good about my efforts and accomplishments, which fuels the maintenance and continued growth BezH.

Running away from bad is tiring.

Running towards better is inspiring.

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Re: CHANGE... Before And After

Posted by rebakiva - 07 Nov 2024 15:28

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14. I used to stand at the window {even during davening} and look down... at people, now I either avoid the window or look up at the sky and let hashem's love flow through my veins.

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