

Nowhere else to turn

Posted by workingmyprogram - 10 Jul 2012 09:46

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Thank you Hashem for this forum!

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Re: Nowhere else to turn

Posted by Nesher - 10 Jul 2012 17:38

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I was the same way. BH I am on my day 105 of being clean. Step one is blocking your access to P\*.

Have you installed WebChaver and filters on all of your computers and phone? Install WebChaver and have your wife as your accountability partner. Make sure you dont know her email password.

Did you try Taphsic:

[www.guardyoureyes.com/articles/tips-suggestions/item/the-taphsic-method-made-simple](http://www.guardyoureyes.com/articles/tips-suggestions/item/the-taphsic-method-made-simple)

Are you reading the daily Chizzuk emails?

I will help you. No worries. Hashem will fight this for you and me and all of us.

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Re: Nowhere else to turn

Posted by Gevura Shebyesod - 10 Jul 2012 17:59

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Maybe having the wife as an accountability partner is not such a great idea, if things are already shaky. Find someone else who you respect and trust. But do let her know that you have done it, so she sees that you are taking concrete action to improve.

Hatzlacha and keep on working the program! And KOMT!!!

Gevura!

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Re: Nowhere else to turn

Posted by inspiredandhopeful - 10 Jul 2012 18:19

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Have you joined a 12 step program? You can join SA face to face groups or Duvid chaim/steve etc.

I once told my wife that she cant expect me to be perfect I am human and have struggles but as long as I am doing something about it and not denying or ignoring the problem she should not expect anything more. She accepted it. I think that you should do the same.

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Re: Nowhere else to turn

Posted by Eye.nonymous - 10 Jul 2012 20:36

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First of all, you haven't really said what you've done. What, precisely, is going on with your acting out, and with your life in general.

The more specific you can be (without being graphic), the better the help you will get here.

--Elyah

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Re: Nowhere else to turn

Posted by workingmyprogram - 11 Jul 2012 12:04

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Day 1. Done crying, back in recovery mode. Thanks for your chizuk! The journey of a million miles begins with one step!

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