

Please help today

Posted by MisterD91 - 12 Jan 2015 18:39

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Hello guys, I joined GyE a few months ago and it started to help me. I joined soon after the 90 days chart, and i am already over 60 days clean from actively viewing porn or masturbating, in the beginning it was very difficult and what helped me was the TapSic method, after one months, i had my urge more or less under controll. But today is horrible. I am always thinking about aarayos, i am trying to do something else, but i want so badly to watch porn and get satisfaction from it, but I know that it will make everything only worse and that today is probably a test. I know that porn and this is all vanity and non-sense, but still the Yetzer hara is fighting very hard. I decided to write here in order to get some support. I am very afraid that I will fall today!!! Thank you for your support!!!!

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