

Starting the journey

Posted by StopStruggleNow - 30 Oct 2015 00:37

Well, I'm not sure what to say except this: I have struggled since a was a teenager, and I am now 27 years old. This will be an extremely hard habit to break, but I know that I can and will do it. I have been successful in other areas of life and I plan no different here.

I am (this sounds bad to say) glad that there are other people here going through the same journey I am. Baruch Hashem he will get me through this.

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Re: Starting the journey

Posted by peloni almoni - 30 Oct 2015 00:41

welcome to the family. none of us have it all together, but together we have it all. take a look around, tell us more about yourself; your struggles, what you have tried, etc., and might i suggest that you download and read the gye handbook at least twice. don't be a stranger, and please keep posting - reaching out is part of how we stay sane and sober.

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Re: Starting the journey

Posted by StopStruggleNow - 30 Oct 2015 00:46

Thank you for the encouraging words of wisdom. I have not actually tried anything. I did not realize until recently that this was an addiction. I thought like secular people do that its just a part of who you are.

I have only recently joined the Orthodox community, although I am obviously too ashamed to admit to any of them that I have this problem. I am going back to my roots. I know that I can do this.

I will download the handbook and read it, and I will definitely keep posting. Thank you again for your encouragement.

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Re: Starting the journey
Posted by markz - 30 Oct 2015 01:28

[StopStruggleNow](#) wrote:

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I am (this sounds bad to say) glad that there are other people here ***going through the same journey*** I am. Baruch Hashem he will get me through this.

Welcome SSN

We're going through the same journey. If you need a hitch you're invited on the back of my truck while yours starts to warm up!!

Hatzlacha

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Re: Starting the journey
Posted by Bigmoish - 30 Oct 2015 01:28

Welcome. There are some helpful links in my signature.

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Re: Starting the journey

Posted by serenity - 30 Oct 2015 02:23

Welcome to GYE! This may be the same as other challenges for you and it may be different. Either way, there is a solution for you though and keep at it until you find it!

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Re: Starting the journey

Posted by StopStruggleNow - 30 Oct 2015 02:35

Thank you all for the outpouring of support. What I could very much use is a mentor and guide to help me through the next three months, and in general someone who understands the struggle.

Thank you for the links and warm welcome!

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Re: Starting the journey

Posted by peloni almoni - 30 Oct 2015 02:50

try this:

guardyoureyes.com/tools/partner-program

guardyoureyes.com/tools/partner-program?view=accounts

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Re: Starting the journey

Posted by StopStruggleNow - 30 Oct 2015 02:51

[peloni almoni wrote:](#)

try this:

guardyoureyes.com/tools/partner-program

I have already requested sponsors and partner's! Thank you for sharing.

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Re: Starting the journey

Posted by Bigmoish - 30 Oct 2015 02:55

It may be wise to stick around and share here, as many of us have discovered that the struggle continues beyond 3 months.

Hatzlocha

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Re: Starting the journey

Posted by StopStruggleNow - 30 Oct 2015 02:58

I have absolutely no doubt it will continue beyond three months, considering this is a problem that I have had since I was a teenager. I will definitely stick around and share here. The fact that a group exists to share with is beyond helpful.

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Re: Starting the journey

Posted by Bigmoish - 30 Oct 2015 04:14

Great!

Thanks for joining us!

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Re: Starting the journey

Posted by markz - 30 Oct 2015 04:24

[peloni almoni wrote:](#)

try this:

guardyoureyes.com/tools/partner-program

guardyoureyes.com/tools/partner-program?view=accounts

In all seriousness PA I highly respect you. So I want to ask

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Is a sponsor the same as a mentor?

Anyone that hits 90 days can sponsor, but can they mentor? Not necessarily - I'd think

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Re: Starting the journey

Posted by peloni almoni - 30 Oct 2015 04:43

in my limited understanding, and i am answering very bekitzur, there are 2 types/implications of "mentor". ve'elu haim:

1. an online/over-the-computer/GYE mentor
2. a rebbi

an online mentor, what GYE offers is synonymous with sponsor. obviously, rebbi is a different league of mentor.

??? "? ?? ????? ???

the best thing for our new friend is to get a rebbi and be open with him. i have expounded on this idea in previous threads. but our new friend said clearly that he is not yet ready for this. his request for a gye mentor is the first type which is really a sponsor. and they are very helpful.

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Re: Starting the journey

Posted by StopStruggleNow - 30 Oct 2015 05:06

I believe that a rebbi would be very helpful, however as I'm just starting I want to exhaust all opportunities I have here before I take that step. A partner and a mentor, the web blocking tools, the friendship here that lets me know I am not alone.

If I start to fall or have a serious fall I will take the necessary steps to do whatever I have to up to and including a rebbi.

I feel 100% more strength than I ever have just being a part of this community and taking proactive steps here to start on the path towards freedom.

Your help and willingness to step forward and become a friend, even anonymously, is greatly appreciated more than you will ever know.

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