Generated: 31	July,	2025,	12:45
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We're gonna do this! Posted by iwant2begood - 27 Dec 2015 21:32

I'm a yeshiva bochur struggling with lust for the past 7 years first it started off with small stuff then like all addictions it progressed I can't explain what an effect it had on my life I was shattered and depressed inside I wished somedays that I didn't exist and the hardest part was that I had no one to share it with I had many times a clean streak but then relapsed often getting even deeper in the addiction I saw no way out i joined the 90 journey 11 days ago and bh since then still clean I need chizzuk and support but I'm sure I'm gonna succeed with hashems help habu Itaher mesiemen osoi

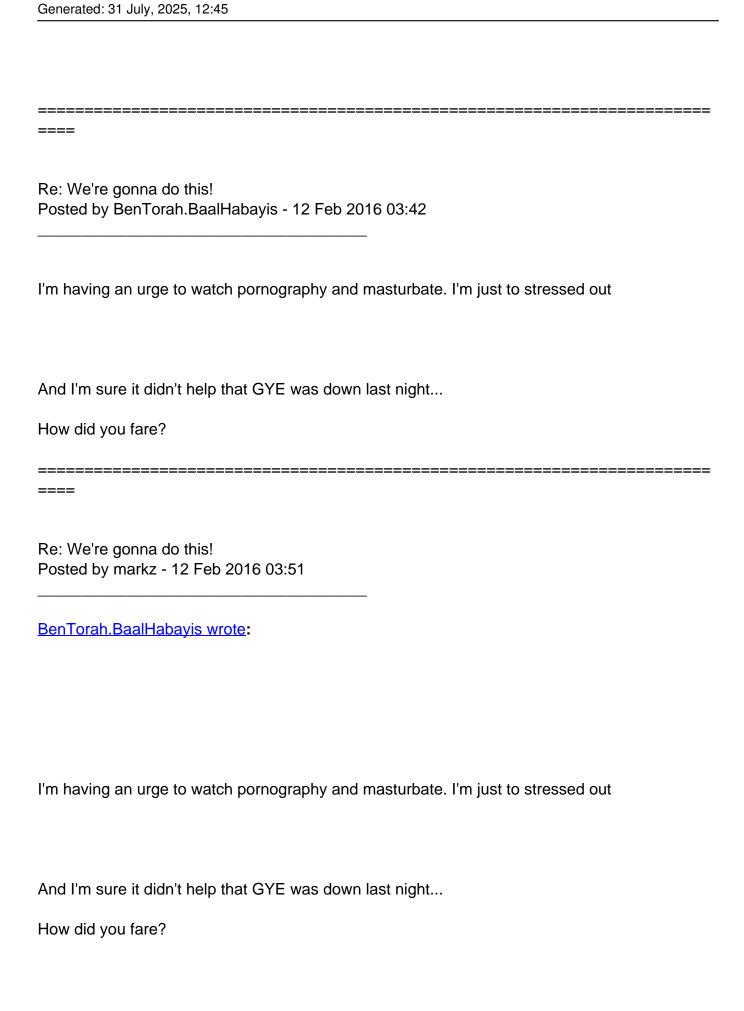
then still clean I need chizzuk and support but I' habu Itaher mesiemen osoi	m sure I'm gonna succeed with hashems help
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Re: We're gonna do this! Posted by markz - 08 Feb 2016 03:58	
Terrific!!	
Keep on Trucking	
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Re: We're gonna do this! Posted by iwant2begood - 09 Feb 2016 21:47	
Day 55. I had a little rough day today, a couple of with my sponsor, I'm considering sa meetings, senough and I feel that I could have a relapse an	ince I feel that the phone conferences are not
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Re: We're gonna do this! Posted by Josephsbrother - 10 Feb 2016 03:44	

Finding a way to seek, keep going for it, stay fresh, it is your journey, glad you found help on site,

youre being a little vague

bring things to to the open
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Re: We're gonna do this! Posted by iwant2begood - 10 Feb 2016 20:51
I'm having an urge to watch pornography and masturbate. I'm just to stressed out
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Re: We're gonna do this! Posted by Bigmoish - 10 Feb 2016 21:08
Aren't there other ways you can unwind?
Have a drink? Sit back? Go for a walk?
Do a step 4?
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Re: We're gonna do this! Posted by Josephsbrother - 11 Feb 2016 12:00
iwant2begood wrote:
I'm having a crazy urge for the past few hours. I need help

My prayer often pass through each name who is mention on my entrance point. Also whatever to day holds I get in a chapter of wisdom, and one Tehillim every day. I seek my Maker until my urge is of One, then my day is bonded with my Infinite Friend.



YEAH I WAS HOPING IT WAS THE WORLDWIDE WEB

Warning: Spoiler!
Re: We're gonna do this! Posted by iwant2begood - 12 Feb 2016 11:07
Day 58. Bh that urge passed. The past few days are very hard for me since I'm planning to join a meeting and the yetzer hora is telling me you might as well do it one last time before you join! Good shabbos guys
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Re: We're gonna do this! Posted by markz - 12 Feb 2016 12:41
So skip the meeting - just kidding
But seriously, have people not acted out after meetings? Just tell your YH you'll continue his conversation after the meeting