

I will make it b'e"h

Posted by MayanHamisgaber - 19 Dec 2016 23:17

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Just started my 90 days journey (hopefully indefinitely) a little nervous as for years i have had very long stretches with feeling nothing and then WHAM massive fall which would then spiral out of control until someone found out. But now i have gye and everyone here who are so

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Re: I will make it b"h

Posted by Markz - 23 Oct 2017 23:03

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[MayanHamisgaber wrote on 23 Oct 2017 17:41:](#)  
encouraging and thoughtful that i know i can do this for good !

[Markz wrote on 23 Oct 2017 13:06:](#)

[MayanHamisgaber wrote on 23 Oct 2017 12:10:](#)

Mikestruggling

Thanks for the well wishes

As to your wonderment I am not an addict and I feel live 12 step meetings will do more harm than good ....

Live meetings may not be good...

But don't get into the trap of some that are addicted to saying "I'm a non addict", give yourself a

few years to decide and maybe get a 2nd opinion because ??? ??? ????? ??????? ????

[MayanHamisgaber wrote on 18 Dec 2016 12:08:](#)

I would sometimes get caught over the years but nothing helped me for long including talking to rebbim that i was and still am very close to. Now my wife is encouraging me to join gye so here we go hope i can finally become the yid i know i really am

You have already opened up to rebeim, so why not open up and keep a running kesher with another recovering gye?

btw If I'd be getting caught I'd definitely consider myself a powerless addict and would take for myself the necessary Truck route to sanity

Maybe you prefer living it out in the land of insanity? Hey - I'm just kidding

Have a great day ;-)

Okay Markz I'll bite/catch the rope

Agreed that I might need to b in touch with some of the oilum here and I have a few #'s to call

Please explain why getting caught would make you think you are a powerless addict

btw it has not happened in a while now b"h and I definitely feel that things are getting better

Thank you all for posting here and trying to help me even though I can be thick headed somewhat...

Path of life

Thanks for bumping my thread and breathing some life here KOMTNMW

As dov says people here mix religion into the addiction equation, and it's like mixing wrong ingredients in a batter

So, many will say it has to do with the severity of the sin, but if that's the case why is there Alcoholics Anonymous

1 example of Addiction is being outa control, e.g. getting caught

> Im not sure having backup phone numbers to call is any sort of rope or program at all...

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Re: I will make it b"h

Posted by MayanHamisgaber - 24 Oct 2017 04:25

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If that were to be the definition of addict then I am not one as I am not getting caught nor o I feel out of control. Also I feel that now my main issues are masturbation and fantasizing looking at porn is in a steady decline on the lust scale b"h

The rope I meant was this discussion and yes I too think I need more than backup phone numbers but I am not desperate enough to make myself even more crazy than I am already to fit more things into my schedule. any ideas ...

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Re: I will make it b"h

Posted by Markz - 24 Oct 2017 05:18

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[MayanHamisgaber wrote on 24 Oct 2017 04:25:](#)

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it's not a definition of addiction - I meant to say it's a sign of addiction

Now you're asking for ideas..

You have many private gye phone numbers?

Start using 1 on a regular basis (and shelve all the other numbers for now) - try 1 call every 2 or 3 days

Thats what id do...

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Re: I will make it b"h

Posted by mikestruggling - 24 Oct 2017 11:53

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The best part of GYE is that they have tools for everyone if you are't having hatzlacha with what you use now then check the list and see where you stand.

To me masturbating is suffering and as my sponsor said (ya you) "there's no reason to suffer" maybe find a better route

as i slowly recover i noticed a new sensation genuine happiness which is healthy in moderation

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Re: I will make it b"h

Posted by MayanHamisgaber - 24 Oct 2017 18:55

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Can anyone help me out here

As per the above conversations I think the tool that will help me best is to be in touch with someone 2-3 times a week and as needed. However opening up to a complete stranger aint the easiest thing for me though I do think those that I may chose I can trust.....

How can I get over this bump other than just jumping in and doing it?

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Re: I will make it b"h

Posted by Markz - 24 Oct 2017 20:42

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[MayanHamisgaber wrote on 24 Oct 2017 18:55:](#)

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JJI

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Re: I will make it b"h

Posted by MayanHamisgaber - 24 Oct 2017 22:02

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ok

WLYKHIG

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Re: I will make it b"h

Posted by Markz - 24 Oct 2017 22:18

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I don't have a clue what you're taking about

What did my roshei teivot mean to you?

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Re: I will make it b"h

Posted by MayanHamisgaber - 24 Oct 2017 22:25

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Just Jump In

I Will Let You Know How It Goes

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Re: I will make it b"h

Posted by GrowStrong - 24 Oct 2017 22:28

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hows about getting minutes to call israel since im not a complete stranger :-)

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Re: I will make it b"h

Posted by MayanHamisgaber - 24 Oct 2017 22:36

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Hey Mate hows you doing

I will consider it not sure how to work it out though and times might not work out .....

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Re: I will make it b"h

Posted by Markz - 24 Oct 2017 22:39

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[MayanHamisgaber wrote on 24 Oct 2017 22:25:](#)

Just Jump In

I Will Let You Know How It Goes

KUP

JJI

JUSTJEWIT

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Re: I will make it b"h

Posted by MayanHamisgaber - 25 Oct 2017 17:51

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Had a bit of a rough day but still clean b"h

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Re: I will make it b"h

Posted by MayanHamisgaber - 31 Oct 2017 20:40

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I am tired, ,grumpy, feeling ichy, do not want to act out, want to be with my wife but scared of being rejected, need to find more time in the day to call some people to give myself a boost .....

Other than that I noticed that I am lusting for 5-10 seconds about every thing I see in the streets

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