

On my way...

Posted by benblum - 02 Nov 2017 22:31

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Hi Everybody,

I have been on GYE for a few years. Never made it to the 90 days. Made some progress but I am still standing despite my many falls. Today, I am 3 days clean (I know not great but I have to start somewhere right?). I decide to post a message everyday until I reach the 90 days. If I have a lust attack, I will come to this post for help and I hope I can count on you guys!!! Even if my fight is still fragile, I want to take the opportunity to say that GYE is an AMAZING place! I was looking for such a place for many many years! Be ezrat Hashem, I will make it!!! To be continued

Ben

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Re: On my way...

Posted by Hashem Help Me - 22 Mar 2018 11:29

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139 is an incredible accomplishment! Those days are yours forever. Sounds like you are in serious recovery and that your fall was very short and although unfortunate, a time to look back, see what was accomplished, learn from what happened and move on. Try to figure out what the trigger was and help prepare for that eventuality again. In reality, for many of us, this journey is like climbing a mountain. Along the way there are ditches and pits that need to be crossed to get to the top. There are also times that we need to head downhill to get to the next path heading up. Get up, shake off the dust, bandage your scratched knees and keep on climbing. May Hashem be with you and protect you.

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Re: On my way...

Posted by benblum - 04 Apr 2018 19:45

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Hi Everybody, thank you all for your comments.

I am trying to make my strategy and my tools stronger. I discovered in the past 2 weeks that

once the yetser hara find a loophole, then it will exploit it as much as possible. One of the keys for me to fight this is to connect to people. Connect is the opposite to isolate. If I could have more fighting partners around when I feel weak or tempted, I think I could do much better! So far, I had 1 or 2 fighting partners but sometimes they are not available and this is where it gets dangerous. I wanted to ask in this forum who would be ready to be in my google hangout list. It would be totally anonymous and like this I can have many options of fighting partners to reach

Let me know what you think of this idea.

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Re: On my way...

Posted by ieeyc - 05 Apr 2018 01:12

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out. Obviously I can return the favor and if I can be helpful, it would be even more amazing  
hi ,sounds great,whats google hang out?

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Re: On my way...

Posted by benblum - 05 Apr 2018 05:38

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Google hangout is the Google messaging system. It is an app that you can install on your phone. You only need a google account to use it so it is completely anonymous

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Re: On my way...

Posted by benblum - 11 Apr 2018 12:54

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Hi everybody, anyone interested in the google hangout list?

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Re: On my way...

Posted by benblum - 08 May 2018 13:58

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Hello everybody, this is my thread where I share my ups and downs. Well this is a down period for me. I've been doing poorly lately. Falling numerous times (last fall yesterday night). My system seems to be broken and I need fresh ideas to get back up. I would really like to have fighting partners that I can turn to when I am in difficulty. The system I use is the google hangout app on my phone. It is a chat system completely anonymous. Let me know if anyone would be interested to get the app so that I can gather several fighting partners. I need to get out of the isolation. This is the key to success in this fight. Connect!! The opposite of Isolate! Let me know.

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Re: On my way...

Posted by cordnoy - 08 May 2018 14:43

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[benblum wrote on 08 May 2018 13:58:](#)

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God speed!

Imho, the key to success is to connect, but really connect. Anonymous connections are not real, and therefore, change is not real either.

Is it better than not connectin' at all? Yes, but one needs to be honest in his recovery growth.

That is what I found with myself, and I have seen that with many others as well.

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Re: On my way...

Posted by benblum - 08 May 2018 16:28

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I agree with you. I don't think that there are meeting close to me. Is there maybe a middleground option, like phone meeting that I could try to participate too?

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Re: On my way...

Posted by cordnoy - 08 May 2018 16:45

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[benblum wrote on 08 May 2018 16:28:](#)

I agree with you. I don't think that there are meeting close to me. Is there maybe a middleground option, like phone meeting that I could try to participate too?

There's actually a call this afternoon@ 1:30 est. It's still anonymous unless you'd like to get more involved.

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Re: On my way...

Posted by benblum - 08 May 2018 17:00

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How do I get in the call? What is a number to dial? Is it like a shiur or more like a meeting?

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Re: On my way...

Posted by cordnoy - 08 May 2018 17:12

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[benblum wrote on 08 May 2018 17:00:](#)

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sent you an email.

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Re: On my way...

Posted by grateful4life - 08 May 2018 23:29

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[cordnoy wrote on 08 May 2018 14:43:](#)

[benblum wrote on 08 May 2018 13:58:](#)

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1. My experience has been similar to Cordnoy. Real connections to people is where the real

recovery is at.

2. Just an fyi, I used to use hangouts until I received some lustful spam texts so I deleted it.

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Re: On my way...

Posted by Hashem Help Me - 09 May 2018 01:27

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Real connection is the way to go. It is what saved me. I think you know my opinion on this.....

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Re: On my way...

Posted by benblum - 09 May 2018 14:02

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I understand. So what are my options for real connection especially if there are no meeting close to me?

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