

new here

Posted by avim - 10 Jun 2020 13:37

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Hello everyone,

I am new here, I am happy to have discovered this website. I am married and have 5 children BH. 20 years ago, after being in kollel a few years, I took a computer course and that's when the porn addiction started. Since then it is a battle that I always lose. I am so happy when I think to have a new strategy to beat the yetser hara, but in a few seconds, the desire wins. I feel so helpless, I realized that only Hashem can save me. I learnt a lot from all this, but I still lose my battles. I have lost faith in my ability to win this battle. It's been so long and during all these years, I spoiled my marriage and my relationship with Hashem. I just hope that it will stop now and that I'd be free from this addiction.

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Re: new here

Posted by Snowflake - 10 Jun 2020 14:19

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Welcome chevre, congratulations on taking the first step, coming here and opening up.

We are all in the same boat. I suggest, if you haven't yet, to download the GYE handbook and read it. It's full of info and tips.

Being more specific, I strongly suggest you to read the 12 steps and really try to follow them. It's been scientifically proven to treat addictions in general. But regardless of what you do, do try to come here everyday, and try new things or even come just to get a nice chizuk.

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Re: new here

Posted by wilnevergiveup - 10 Jun 2020 18:41

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Welcome, and congrats on coming to the right place.

I will leave the advice for the others here, just know that there is hope and a lot of people turned their lives around and are really growing here.

Hatzlachah,

Wilnevergiveup

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Re: new here

Posted by DavidT - 10 Jun 2020 19:49

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[avim wrote on 10 Jun 2020 13:37:](#)

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Welcome! I hope that just by knowing that you are not alone in this, you'll get a great boost going forward in this challenge. We are all here with you in this and we're looking forward to growing together!

Keep strong and keep us posted on your progress.

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