

it's been a while

Posted by 5770 - 12 Apr 2024 02:57

dear brothers, after an inexcusable absence I need to come back and post regularly. This is my Day One

Thank you as always.

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Re: it's been a while

Posted by 5770 - 09 Jun 2024 13:49

day 6. Got a lot of 'alone' time next week so gonna have to keep GYE website on speed dial

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Re: it's been a while

Posted by eraygrand - 09 Jun 2024 19:02

Hey, take a look at my stream. We have had a lot in common and not much different in age. (In my case it was my parents who found the magazines) I know it's difficult and hard to imagine opening up and talking directly to someone about this, especially for people like us who have kept this secret for sooooo long. Reading this stream what SCREAMS out (and I still hear the echo of my screams after being clean 1.5 years) is a sense of loneliness. The ONLY way to truly make progress is by making human contact. You can break the ice with an anonymous phone conversation to get over the initial discomfort.

This struggle has gone public! There are close to 100k people who listen to the daily ????? via Whatsapp. If you don't already I works strongly recommend joining. It is a daily chizzuk that is unbelievable. There are countless rabbonim who are aware of these struggles.

I would be happy to speak with you.

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Re: it's been a while

Posted by 5770 - 14 Jun 2024 22:47

" The ONLY way to truly make progress is by making human contact. "

Will think about joining a call or something, although I am not wildly excited about talking about it in person

Good Shobbos gents.

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Re: it's been a while

I guess I believe you - makes sense, after all it is the only thing I've not actually done

Posted by 5770 - 16 Jun 2024 22:04

OK so just suppose I did one of these calls.. are there any that run mornings/EST time?

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Re: it's been a while

Posted by eraygrand - 16 Jun 2024 22:27

I would start with a one on one anonymous call.

HHM (Hashem Help Me) has helped more people than I can count and is definitely the right person for the first call. You can private message him or email him at michelgelner@gmail.com

i would be happy to speak with you as well. Please feel free to PM me.

There are ways to setup an anonymous Google voice account.

I spent so many years of hopelessness thinking I was all alone. That sense of Yiush is the YH number one tool in this battle. These forums are an unbelievable tool but talking about this with someone real is what is really needed to start to turn the tide of this battle.

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Re: it's been a while

Posted by eraygrand - 16 Jun 2024 22:41

Another thought here, what have you done to limit access with filters? I have been clean for over 450 days but I wouldn't have lasted more than a week if I hadn't removed easy access. I think this is especially true for people in our age bracket

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Re: it's been a while

Posted by proudyungerman - 21 Jul 2024 22:09

Indeed, it has been a while...

How are you doin'?

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Re: it's been a while

Posted by 5770 - 27 Aug 2024 21:35

hey guy,s welcome to you.

Hope you are feeling well.

OK my numbers are not great but I promise they are hot off the machine!

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Re: it's been a while

Posted by chosemyshem - 10 Sep 2024 15:58

[5770 wrote on 27 Aug 2024 21:35:](#)

hey guy,s welcome to you.

Hope you are feeling well.

OK my numbers are not great but I promise they are hot off the machine!

62 is definitely not "not great". I'd say it is in fact, pretty great.

How are things going?

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Re: it's been a while

Posted by 5770 - 13 Sep 2024 21:43

hey thanks for posting!

All good here, although my health quite unexpectedly dropped out the window - - we are literally

Thank you and wonderful Shabbat!

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Re: it's been a while

Posted by BenHashemBH - 13 Sep 2024 21:45

[5770 wrote on 13 Sep 2024 21:43:](#)

hey thanks for posting!

All good here, although my health quite unexpectedly dropped out the window - - we are literally

Thank you and wonderful Shabbat!

Oy. Refuah Sheleima!

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Re: it's been a while

Posted by 5770 - 25 Sep 2024 22:39

hey thanks. I get better every day!

tracking the day the same as my "clean" days!

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Re: it's been a while

Posted by 5770 - 02 Feb 2025 01:52

hey guys I just want to report a few things.

Firstly, these are my best ever stats since...erm.. well 40+ years is my guess.

But! This is not all that straightforward. The thing is I had some "help." I had a stroke last year

which kinda reset everything.

So take this as lessons learnt. Thank you Hashem for reviving me and allowing to live!

Yes - everything is different now. I speak differently. Everything is different. But please have emuna that everthing works out for the very best,

thanks

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Re: it's been a while

Posted by 5770 - 10 May 2025 22:37

So there are some things to consider. Firstly I was sent down this road of "The Stroke" by Hashem. He wanted me to account for everything. So here i am - and I filled with depression and tiredness. I can't really work - I got fired after 20 years.. so basically I have nothing. Kids are growing up, and are mad at me, my wife is getting sicker ever day. So what did Hashem do for me? I made me appreciate what I am. He wants me to break free.. he want me to admit that I created a damaged environment. So when am supposed to do this? It's my job 100%. My job is to change things for the better, despite the fact that everything is broken. So whats left? Nothing! Except.. expect... believing and having emunah that I will fix this. So please Hashem i am going forward now. My previous "me" is gone, replaced with this new mess, awaiting for everything to come together... and that's today, now - not in 3 months or 6 months. We have to fix things now, so thank for the emunah bitochen and thank you for everything!!

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