

Starting my own path

Posted by ShtettlMan - 16 Jun 2024 17:40

Hello guys, I've joined the GYE community not so long ago but decided to give myself the 90 days clean goal BzH. So I'm at 6 days clean today BH and hope I will make it!

I didn't dare telling my story yet but maybe I should. I don't know what would be the benefits.

If anyone has some advice to be more "efficient" in my trip...

See you soon !

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Re: Startung my own path

Posted by richtig - 16 Jun 2024 19:09

[ShtettlMan wrote on 16 Jun 2024 17:40:](#)

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If anyone has some advice to be more "efficient" in my trip...

See you soon !

Hello and welcome !

To be more efficient (a worthy goal), consider the flight to freedom program, and talk to people. There are wonderful people here who have had success and who are working on it. Talking to people (not going it alone) can be hugely helpful

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Re: Starting my own path

Posted by redfaced - 16 Jun 2024 20:07

[ShtettlMan wrote on 16 Jun 2024 17:40:](#)

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If anyone has some advice to be more "efficient" in my trip...

See you soon !

Telling your story isnt half as important as being here regularly and making friends

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Re: Starting my own path

Posted by ShtettlMan - 17 Jun 2024 07:52

Hello guys, today bsd is the 7th day! A whol week BH !!!

Yesterday night was a very tough urge and I almost fell but not at the end. All my devices are filtered (which helped yesterday night) but I have access to my family's ones. Idk what to do and how to deal with this issue.

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Re: Starting my own path

Posted by ShtettlMan - 17 Jun 2024 08:00

I didn't end up watching p but I looked at a not very decent image. It seems like every time I feel myself going a bit down, I always end up falling really bad.

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Re: Starting my own path

Posted by Muttel - 17 Jun 2024 09:51

Did you fall in any way other than viewing this image? If it's not porn and there was no physical release accompanying your image viewing, I'd leave it, forget it, and move on. I don't know the GYE rules, and maybe a moderator can chime in, but I'd categorize this as a slip, not a fall.

for you to say you fell really bad, viewing an image that's not porn, shouldn't be categorized as a "really bad fall"!

if I'm missing something, clue me in. Otherwise, keep your chin up brother, we're here for you!

KOMT!

Muttel

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Re: Starting my own path
Posted by upanddown - 17 Jun 2024 10:04

Hi ShtettlMan,

Well done for a clean week!

It can be extremely difficult and frustrating at the beginning of the 90 day challenge but it definitely gets easier with every clean day that passes...

How about you share your story?

It for sure helps a lot. It has helped me and many others here on GYE to better understand oneself and to get the correct help needed.

Much Hatzlocho! Keep strong!

Looking forward to hearing updates...

Upanddown

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Re: Starting my own path
Posted by ShtetlMan - 17 Jun 2024 10:15

To Muttel: I wasn't talking about last night "slip" as you said but about how it ends up usually when it starts with a slip (ends with p&m, even though it wasn't the case yesterday bH)

To upanddown: Where can I share my story? directly here?

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Re: Starting my own path
Posted by BenHashemBH - 17 Jun 2024 10:50

Shalom ShtetlMan and welcome!

If you would like to tell your story, or some of it for now, you can write it here. Rest assured that if you decide to share, you'll find empathy, compassion, and understanding. upanddown already mentioned two potential benefits, and redfaced another. Opening up can help you, it can help others to support you, and it can help create connection. A good friend is a powerful thing.

Perhaps you could start by writing offline and see how you feel about it?

Mazel Tov on your clean week and victory in a challenging moment - may you have continued siyata d'Shmaya and hatzlacha!

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Re: Starting my own path
Posted by ShtetlMan - 17 Jun 2024 11:54

Thank you very much!!

Yeah I don't think Im ready yet to tell my whole story, there are some parts that I am very ashamed of and ldk if I will tell it now. As you said imma take my time, and already enjoy all the support you guys give me!

Thank you again!

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Re: Starting my own path

Posted by ShtetlMan - 17 Jun 2024 12:41

There's just one point that Im not clear with: how am I supposed to do if I generally fall but with other people's devices?

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Re: Starting my own path

Posted by BenHashemBH - 17 Jun 2024 12:51

[ShtetlMan wrote on 17 Jun 2024 12:41:](#)

There's just one point that Im not clear with: how am I supposed to do if I generally fall but with other people's devices?

Do you go looking for the other devices after you have an urge, or do you regularly share devices and once you are on it for other things, then you slip?

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Re: Starting my own path

Posted by ShtetlMan - 17 Jun 2024 13:19

Je n'utilise leurs appareils que lorsque j'en ai envie.

?(Mon ordinateur est filtré mais il fait tout ce dont j'ai besoin pour travailler). Ce serait très bizarre de leur demander de mettre un mot de passe que je ne connais pas.

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Re: Starting my own path
Posted by ShtetlMan - 17 Jun 2024 13:21

Only when I have an urge.

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Re: Starting my own path
Posted by Muttel - 17 Jun 2024 13:23

Ouch, I know all about it.... I really feel for you brother.....

I nudged the owner of the device to filter - but it was difficult because I was too ashamed to explain why..... Can you pitch that they need to protect their kids or others? that's what I did.....

Wishing you much love from afar,

Muttel

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