

A new challenge

Posted by ShtettlMan - 01 Oct 2024 10:33

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Hi everyone, I decided to start a new chat bc I feel like a new person since I joined GYE. I totally mean what I say, just as an example I dont feel anymore like an animal with this bestial part of me getting out every time that I would be alone at home...

Baroukh H Im at 43 clean days, and if you add it to the last attempt I did Im at 93 days !!  
Honestly it's awesome and it never worked that well!!

I dont remember who talked to me about the taphsync method with the shvuah but it clearly helped. It took me like 3 months to adjust the terms and the knassim but at the end I think it's quite balanced

I'll let you guys know BezH !!!

Thank you again

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Re: A new challenge

Posted by odyossefchai - 27 Nov 2024 01:16

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[redfaced wrote on 27 Nov 2024 00:29:](#)

[ShtettlMan wrote on 26 Nov 2024 23:12:](#)

I feel quite better now, even though I don't really know why

Very often, part of the feeling horrible is the secrecy, that you are carrying around.

Unburdening - to people who really really get you - is super cathartic.

Red-faced has just saved you \$50,000 in therapy.

He deserves a BIG FAT thank you!?

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Re: A new challenge

Posted by ShtetlMan - 27 Nov 2024 08:55

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I dont know how to answer a BIG thanks but take it like that!

Honestly I dont think I would have been to a therapist fpr that but still I feel less heavy now

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Re: A new challenge

Posted by ShtetlMan - 05 Dec 2024 20:57

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BH Im at 108 days

I think its due to the time I have to spend on my computer for 2 weeks now (I cant learn as much as I want, cant go out, I really need to work for exams), but these days are really hard. I wanna watch P everyday and want to M as well...

Thank you guys for you help !

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Re: A new challenge

Posted by ShtetlMan - 12 Dec 2024 09:31

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Hayom yom 110 to my trip. (I really thank Hashem for helping me, it's a Yeshoua I did not expect to come before I would get married...)

If I look at my clean days I would be at 180, so half a year!! BH I keep going, I see the differences between now and a year ago. Just to talk about one of it: my memory is really better. When I was younger (and still not addict), I was really good at school, remembering everything that was said in class. I couldn't explain why but when I arrived to college (before Yeshiva), I didn't manage to learn the lessons I had to which made me feel like I was not so good at school, maybe was it just easier. Actually it was the time of my life I was watching P everyday day, sometimes multiple times a day.

But during the last 6 months, I observed a real improve in my ??????. I remember things I said, what happen during the classes, the exact moment when I learn things.

I didn't hear about this aspect of the addiction before getting here, but P&M really spoiled what was the mos important for me: my ???.

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Re: A new challenge

Posted by odyossefchai - 12 Dec 2024 13:51

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Yup. Porn twists the brain. We don't realize it at the time but it destroys the normal ways of society.

As you get cleaner, the brain suddenly starts to open and work properly.

You are doing amazing work here , cleaning your brain and preparing it for the rest of your life.

May Hashem bentch you for all the work you have put in

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Re: A new challenge

Posted by ShtetlMan - 07 May 2025 15:41

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Hello evryone

I know it's been a while,

BH I got married since the last time I posted !! Now I'm at 262 days clean and my whole life changed

I'm not always feeling guilty, I can work on myself and look at the real "me". I'm more honest with myself and what is my true level in ?????? .

I wish BezH that the future will be great and that I will keep this sequence

Thank you all for everything !!

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