

sign me up

Posted by trying-hard - 07 Oct 2010 17:24

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My "relationship" with pornography goes back over 30 years (I am 45). There were times when I went without for months and even a few years when i first got married but I always come back. Hopefully this place will allow me to finally overcome.

Pornography came close to completely destroying my life 5 years ago but my amazing wife hung in there, and I had been sort-of OK since then, till about 6 months ago. Over the weekend I finally realized how far i had fallen again and decided to do something about it

I am on day 3.

Thanks for listening

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Re: sign me up

Posted by ZemirosShabbos - 07 Oct 2010 17:28

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welcome!

you came to the right place.

pull up a chair, sit down with a drink and browse around. you will find lots of help, tips, ideas and support here. read post and go apply for a CDL (commercial driver license) because the official slogan here is "Keep on Trucking". (if you read around the forum you will understand)

hatzlocha rabah

zemiros

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Re: sign me up

Posted by bardichev - 07 Oct 2010 17:33

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trying hard

its never too late

ill prove it to u

the Yh (yetzer harah)

still sees u as a viable business candidate

there is much chizzuk love good advice (and tounge lashing ) here

resolve to say her

make a lichaim and keep on truckin

wooooooodford reserve my favorite

bards

(ps im not that much younger than u)

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Re: sign me up

Posted by jewinpain - 07 Oct 2010 19:20

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Hello reb trying, I like ur name, but soon the YH will have to use that name cuz u won't give in easy, by joining us, u already did the 1st step & that's what the pusik means "pischi li pesach... But it has to be as sharp as a needle, so hang in with us, we feel what u do, we think what u do & we were all doing the same garbage for years, but king david says in thiliem "ketz som lachosech" & that what happens once u settle in here, the only way outta here is when u recover, so read, post, ask away, may hashem give u the strength needed to stay above water

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Re: sign me up

Posted by jewinpain - 07 Oct 2010 19:39

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forgot to add a few more points

1. Installing a strong filter is crucial & giving away the password to our filter gabai (k9 is free)

We cannot beat this addiction while we have unfiltered internet, no way in the world

2. Coming out of isolation is a must for the recovery, as they say "we are only as sick as our secrets " Make friends here on GYE, reach out for help as needed, that's what we are here for

3. Stay away from things that trigger u, sometimes u will feel a depression that must be avoided by all means, depression feeds this addiction like crazy

4. work it DAY BY DAY no long streaks, it won't work that way , just slowly but surely, keep ur thread alive, post ur progress, success & as well ur falls, use it to get & give chizak to others

much hatzlucha

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Re: sign me up

Posted by trying-hard - 08 Oct 2010 16:10

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Thanks for the warm welcome.

If I am a scotch drinker am I still welcome?

Which filter do you recommend?

The problem with triggers is every pretty girl I see walking down the street is a trigger.

Day 4 should b easy because I go home early.

Day 5 is Shabbos

Day 6 is Sunday and I don't work so it should be easy because I do not look at porn at home since we only have 1 computer and it is in a public part of the house.

SO may next hard day should be day 7.

have a great Shabbos.

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Re: sign me up

Posted by ZemirosShabbos - 08 Oct 2010 16:15

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for a filter see this link for detailed and simple instructions, [www.guardyoureyes.org/?p=24](http://www.guardyoureyes.org/?p=24)

it is a free and powerful filter, try to put it in as soon as possible, it will be a barrier between you and the garbage (p\*\*\*).

scotch drinkers have to try to reach 90 days abstinence, then they can try converting to  
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Re: sign me up

Posted by jewinpain - 08 Oct 2010 16:20

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Hi Reb TH, no big deal about ur scotch habit, we use them all here, I go for Vodka, all is welcome as long we don't get alcoholics,

Best filter we use here is K9, just download it, install, and contact filter gabai to hold ur password

I know what u mean about the pretty girls walking down the street being a trigger, cuz right now I'm in a stage where I'm disgusted by porn already, & b"h I don't even have an urge to go there, may it always be like this (don't worry I was no big tzadick 6 months ago)& neither am I 1 today, but that habit I nipped in the bud, so I try very hard not to look on the women walking by cuz this my biggest trigger leider, but this is hard, but a very normal trigger for a man in our stage, but once u start going in recovery mode, it will be easier,  
Woodford (kidding

Plz hang in here, don't think now about day 7 or even day 5 that's the YH trying to pull u in something, we work here day by day, hour by hour,

We love u all here for taking this brave step & getting cured, better later than never some guys

Have a holy & meaningful shabbos

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here are already getting SSI checks

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Re: sign me up

Posted by trying-hard - 11 Oct 2010 17:04

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i understand what you are saying about the YH but for me it is nice to know that I get free days.

So... I made it to 7 and hope to keep going

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Re: sign me up

Posted by ZemirosShabbos - 11 Oct 2010 17:34

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beautiful, keep up the good work

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Re: sign me up

Posted by aa1977 - 12 Oct 2010 21:29

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Shalom Aleichem Trying,

Don't really know what to say. I'm pretty new here myself and am feeling a bit isolated/introverted right now - maybe you know the feeling.

Anyway, just want to say hello, welcome and well done for taking the step of joining. This place is a real safe refuge in the hell of the cyberworld. You can stay here for hours - read, learn, give chizuk, get chizuk, and its all healing and positive.

It's a beautiful place and there are some incredible people here. I think most of us here have pretty special neshomos - which somehow make us more susceptible to getting caught up in this mess, (see no.17 in the Attitude handbook).

Girls and women in the street - tell me about it. I learned recently the Gemoro in Brachos (5b) that tells us how R' Yochanan went to visit R' Elazar, who was sick, and found him crying. He asked him why and the answer was that he was crying over the beauty of R' Yochanan, that was the last remaining vestige of the beauty of Yerushalayim, that would one day be lost to the world.

L'havdil a billion billion times, when i go past a pretty girl/woman and don't look at her, i find myself sighing - because I'm not allowed to enjoy her beauty. Oi vay vay! What depths!!!

Onwards and upwards!

Much hatzlocho and much love

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Re: sign me up  
Posted by Dov - 12 Oct 2010 22:07

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Hi! Very similar story in some ways, actually....so, to cut to the chase:

don't think too much, your best thinking *got* you in all the trouble you have ever been in....

get lots of help and do not stop asking for it even when you 'get better',

and don't ever stop learning how to have fun with the life that you have together with the people your wife and family.

Hatzlocha!

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Re: sign me up  
Posted by trying123 - 13 Oct 2010 05:00

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Welcome,

Keep at it...

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Re: sign me up  
Posted by trying-hard - 13 Oct 2010 19:22

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Still going but today is hard.

I am having a bit of a cash flow problem and business is slow and it is depressing and when I am depressed..... ..

But so far it is day 9 and I am still going.



I truly appreciate the *chizuk* I get in here and it is helpful, but sometimes I wonder if anyone here really knows what I am going through. How far I have fallen and what pornography has led me to in the past and what I struggle so hard to keep away from.

Anyway day 9 it is

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Re: sign me up

Posted by ZemirosShabbos - 13 Oct 2010 19:35

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people on this site have been around the block a few times with regards to struggling with pornography and the like, some more than others, but if you read the stories you will see that it is all-too-familiar.

part of the problem is the feeling that there is no one else who went through these issues and no one is as bad as i am.

because these struggles are intensely private you don't hear much about them usually but GYE is the noatble exception and most if not all of the people here have been through a lot of garbage (porn).

so keep up your great work and be pro-active, read up on the site, post on the forum, reach out for help via email, phone or in person and your will see that people are happy to give and get chizuk and it can make all the difference in your struggle.

hatzlocha

zemiros

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