

enough is enough!

Posted by i-man - 04 Jul 2015 21:54

I am a new member of the gye family and i feel that with chizuk from my brothers in arms will give me additional ammo in this battle of good vs evil

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Re: enough is enough!

Posted by i-man - 04 Jul 2015 22:10

Hi everyone a little more about me im a young yungerman in kollel, happily married, I consider myself a ben torah and I constantly work on growing in torah, avodas HASHEM, and in my marriage, unfortunately i have tremendous nisyonos in this regard and have been struggling since i was a young teenager. the problem got worse once i got married, because until than i had much less access to a computer ,even with filters when i got a tayveh i would find ways to find shmutz around them, its been a tough battle for the last year and a half ecpecially since i was to ashamed to talk to anyone luckily HASHEM sent me to gye and i have much better recources to fight (including this forum) i started the 90 day challenge 2 weeks ago and although its been tough, im slowly moving along making progress, if anyone has advice please share.

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Re: enough is enough!

Posted by cordnoy - 05 Jul 2015 03:20

Welcome

Good move

Keep us posted please

Bhatzlachah

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Re: enough is enough!
Posted by serenity - 05 Jul 2015 03:39

Welcome to GYE! The suggested starting place for newcomers can be found in the links below.

Hatzlacha!

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Re: enough is enough!
Posted by ZDuvid - 05 Jul 2015 03:42

Hatzlacha!! I'm new to and I hope we find the courage here!

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Re: enough is enough!
Posted by yiraishamaim - 05 Jul 2015 03:56

Boruch Haboh!

Habah le Tahare _____

Hatzlocho Raboh!

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Re: enough is enough!
Posted by neshamaincharge - 05 Jul 2015 04:57

[i-man wrote:](#)

luckily HASHEM sent me to gye ,,

You can't even imagine how fortunate you are that Hashem sent you here!

Welcome, welcome, and may Hashem bless your journey with much hatzlacha!!

Please stick around and keep us posted.

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Re: enough is enough!

Posted by Pidaini - 05 Jul 2015 08:36

Welcome i-man!!

I love the name, that sort of summarizes the whole reason I, and many others, are here, because I am an i-man who rarely think about anybody else but "I"!!

Your story sounds extremely normal, certainly similar to mine!

As for the advice part, I'd have to say that you shouldn't rely on filters or the 90 day challenge. As the saying goes "Lust is our solution, not our problem". We use lust as a painkiller, to block out some negative feelings that we don't want to experience, so instead of dealing with them, we just shut them up with running to our fantasy land.

Have you seen any sort of pattern yet? Have you noticed times that are more difficult, that you have more or stronger desires?

Whatever the case, one thing is certainly beneficial, Keep On Posting!!!!!!!!!!!!

oh....and.....

KOMT!!!!

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Re: enough is enough!
Posted by dd - 05 Jul 2015 14:20

Welcome I-Man to this great club!!!

Your story sounds very familiar here on the forums many of us could have written that post.

You are between guys who care understand and really want to help. So make yourself comfortable and keep on posting!!!

Looking forward to seeing you around!!!

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Re: enough is enough!
Posted by milletry613 - 05 Jul 2015 15:22

Hello and Welcome To Gye!!

This website might seem quite daunting at first. You will get loads of advice from all sorts of people. Make sure take gradual steps. Don't try and learn everything in one go. Also don't expect instant results. All Hashem wants is you to keep moving in the rights direction- leave the rest to Him!

You mentioned in your post that you wanted to win the battle of 'good vs evil' however I suggest you look at it with a slightly different perspective. Treat it in a way in which you are allergic to anything to do with 'lust'. As long as you stay away from the 'nuts' you will be able to lead a normal life. This is just a choice between 'living' life and facing your problems vs 'escaping' from life by using this drug.

Hope you understand this!!

Milletry613

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Re: enough is enough!
Posted by Bigmoish - 05 Jul 2015 19:09

Welcome! Not much to add to what everyone else already said.

Stick around.

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Re: enough is enough!
Posted by Palti-Yossef - 05 Jul 2015 19:17
Keep growing

Hi,

Very happy you found our community bH and glad so much wise people have already advise

you so good !

Hoping all the best for you and waiting for good news soon !!

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Re: enough is enough!
Posted by gibbor120 - 05 Jul 2015 20:29

WELCOME! Keep posting. Lots of ppl have been helped here. You can be too!

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Re: enough is enough!
Posted by i-man - 06 Jul 2015 21:21

Hi everyone

almost up to level 4 B'H' so far so good

I'm a bit apprehensive because based on my history i usually don't go more than 2/3 weeks clean

so this is where the real challenge lies .

any good ideas to strengthen/prepare myself for the inevitable challenge?

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Re: enough is enough!
Posted by cordnoy - 06 Jul 2015 21:32

[i-man wrote:](#)

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focus on today!

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