

my 90 day journey

Posted by gyehelp2017 - 05 Feb 2018 19:58

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Hi, today I reached a milestone not only in days but in my whole lifestyle, I reached 90 DAYS CLEAN today, I would like to share my journey so that we can all strengthen ourselves together.

For years (and I mean years) I was two people within one, on the outside I was a nice frum and erliche guy, a ben torah and enjoyed to learn, happy husband/father/friend and try my best to make others happy and smile. but on the inside I was broken to pieces, I was addicted to pornography and masturbation and felt horrible about it, I tried every way to get out of it but nothing worked for me, I was good for a day two or three and then fell again, this vicious cycle just kept on going year after year, I could not see the end of the tunnel, and I was sure I would live like this forever, I felt like a traitor with no way to get out of my problem.

?Then one day a few months ago I discovered GYE, I was in shock to see how many others are in the same boat as me and looking out for help, the thing that was the most amazing to me was to find out I AM NOT ALONE ANYMORE, there are so many of us that have the same struggles as I do and we all work together to keep strong, I signed up to GYE (even though it was not easy but I knew that I have to do whats right even if its not that comfortable) and I started working day by day, it was not easy, some days were extremely hard, and I saw that the main thing that worked for was having contact with people here on GYE, for starters it was through chatting and the forum, but I still felt it was not enough for me, until I got in touch with someone live and was constantly in touch with him through call/text and I saw amazing results, I was never alone again, we share our struggles and achievements no matter big or small, at one point I felt I was having a very hard time and I needed even more support and I even met my friend in person, it was very hard on my side to do it, but I knew that if thats what it will take to help me then that is what I am going to do, and b"h I can say it really helped me a lot seeing and talking to a live person.

on one specific shabbos I had an extremely hard time and I felt I cant anymore and I just wanted to masturbate, but I knew that my friend would call/text me after shabbos to find out how I am doing and I would have to tell him the truth, so as hard as it was and as many hours I was up at night fighting with myself to keep strong, b"h I was able to keep strong and I did not fall, all due to the fact that I was in touch with a friend.

It took a long time to really teach myself a new concept, that YES I CAN KEEP STRONG NO MATTER HOW HARD IT MAY BE, and this is my new way of life, that when I feel an urge or have a hard and stressful day and all I want is just to masterbate, I tell myself "yes its hard to get over this but you CAN keep strong and you don't have to fall".

?may hashem give us all lots of strength to keep strong and that this should become our way of life, and always share achievements and accomplishments.

thank you GYE for giving me my life back, and thanks to all of you doing your best to help me and others do what right!!!

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Re: my 90 day journey  
Posted by tzomah - 05 Feb 2018 21:09

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good for you keep it up

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Re: my 90 day journey  
Posted by Hashem Help Me - 05 Feb 2018 21:55

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And now mr gyehelp, you should start helping others.....

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Re: my 90 day journey  
Posted by serenity - 06 Feb 2018 01:51

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Mazal tov! Keep up the calls and reaching out to people. Thanks for sharing your simcha with us.

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Re: my 90 day journey  
Posted by gyehelp2017 - 06 Sep 2020 05:23

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Hi everyone,

Just wanted to publicly thank Hashem for giving me the great gift of sobriety for "500" consecutive days!!

P.S. I joined SA almost a year ago, and with Hashem holding my hand each and every day throughout, my life truly changed. If you need any help with SA, 12 steps etc. I would be glad to help you. Feel free to reach out to me [gyehelp2017@gmail.com](mailto:gyehelp2017@gmail.com)

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Re: my 90 day journey  
Posted by Hashem Help Me - 06 Sep 2020 11:43

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Mazel tov! Keep it up. Hatzlocha at helping out the oilam.....

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Re: my 90 day journey  
Posted by gyehelp2017 - 26 Apr 2022 01:44

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Hi my dear friends,

I wanted to share gratitude to Hashem, for all the good he is and has been doing in my life, and especially for the great gift I achieved today with Hashem's help of "3 YEARS OF SOBRIETY"!!!!!!!!!!

My journey started here on GYE in Sep. 2017. I was welcomed here with open hands and open hearts. This website was the first place I saw "I'm not alone anymore". It really opened my eyes to start learning more about the struggles I was having all along.

After not being able to keep up long stretches of sobriety, I realized I needed something more, and I was recommended by one of the moderators from GYE to look into SA 12 step program. And for me it was the game changer I needed. I will not go into my whole journey in SA the past 2 1/2 years. But all I'll say is "working the 12 steps and going to live meetings saved my life"!

I'm not here to say what works for others. All I can share is what has helped me. SA might not be for everyone, but for me it is really everything! It has taught me to have a true relationship with Hashem in very real and deep way, it has taught me how to live life happily and healthy, it has given me the opportunity to help other struggling people in a way like never before, I can face struggles in life with confidence and Emunah, I got a host of friends that love me for what I am and I don't need to hide ANYTHING anymore, my marriage has grown enormously, I can

live life without resentments or fear, I enjoy life in a more meaningful way..... The list I can be grateful for is endless, and I cannot thank Hashem enough for the gifts he has given me.

I do want to acknowledge that my beautiful journey started HERE on GYE. and without this website and ALL the wonderful people here I don't know where I would be today.

I want to thank GYE from the depths of my heart for jumpstarting my life in the most desperate times of my life. I want to thank all my dear friends from GYE that have been here for me. A BIG shoutout for the one and only "Hashem Help Me" who has been there for me (and countless others) from the very start!

May Hashem give GYE much Hatzlocha in their AMAZING work, and continue to spread Kedusha among Klal Yisroel. And in this great zichus may we all march together toward Moshiach very soon!!!!!!!!!!!!!!!

P.S. feel free to reach out to me at [gyehelp2017@gmail.com](mailto:gyehelp2017@gmail.com)

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