

Posted by 5shekvow - 09 Mar 2012 06:22

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Posted by JackAbbey - 09 Mar 2012 17:09

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Posted by 5shekvow - 09 Mar 2012 18:51

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Re: Heeeeeellppp

Posted by Eye.nonymous - 10 Mar 2012 20:10

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I came to this forum thinking "I just had a little problem looking at the women on the street."  
P\*rn and M\*sturbation, as far as I could tell, was very infrequent, though a struggle.

Then, I realized I couldn't add up to 7 days on the 90-day chart. Through involvement in the forum, I learned more about this addiction, got a new perspective, and managed to have longer and longer clean streaks.

I, too, once I installed the filter I fell more often (and worse) then before. There is some sort of psychological game we play on ourselves. Either it's that BEAT THE FILTER game, a new dimension of intrigue. Or, "Well, if it get's past the filter, it must be okay!"

My falls have lead to my recovery--without them I would not have realized how sick I was and how much I needed help. At each fall I looked back and said, "What was missing?" I turned up my recovery another notch, and moved forward.

From the forum I joined Duvid Chaim's phone conferences, and eventually joined live SA groups (that's Sexaholics Anonymous, in case you didn't know yet). I now have a very strong support group for recovery, and am taking actions for recovery every day (I hope).

Today I am 9 months and 1 day clean. But, more importantly, I am overall in an entirely different place in life. If I had not made the most of my falls--learned something from them and moved on, I would still probably be falling a couple of times each week, and I would still be overall incapable of coping with life.

--Elyah

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Re: Heeeeellppp

Posted by JackAbbey - 12 Mar 2012 00:44

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5S, how are you my freind

i am thinkig of you

maybe i was a bit harsh

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Re: Heeeeellppp

Posted by mifatfait - 12 Mar 2012 06:18

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Thats sooooo true, the filters etc. make it all more enticing, even of the computer. But I think after a while this additional drive wears off -- and wer'e left with just the filter.

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Re: Heeeeellppp

Posted by 5shekvow - 13 Mar 2012 03:27

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shmeichel, you werent too harsh. in fact it was just what i needed, i feel like i am back on track right now, andi m going to go read the handbook right now, i need to read it while im ahead this time.

yeah, filter sorta makes it more enticing, but i feel over it right now

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Re: Heeeeellppp

Posted by JackAbbey - 13 Mar 2012 10:12

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thanks

please communicate along the way

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