

very depressed!!

Posted by butterfly - 25 Sep 2015 22:24

I tried so so many times to hit 90 days and kept on falling. I finally got to 65 days, the longest streak I ever had and I blew it. I just had a fall 2 days after Yom Kippur!!

I'm very depressed and need chizuk.

In case any one is wondering I suffer from watching p__n online for about two years. I also am suffering for years very very much from looking at woman especially the jewish ones who dress so so difficult. The nature of my business is that I deal with a lot of woman and that makes things even harder!

I also have anxiety and a bit of depression and ADD which makes things even more tough.

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Re: very depressed!!

Posted by markz - 27 Sep 2015 01:34

It's great that you keep posting.

[butterfly wrote:](#)

Falling meaning, spending an hour or two look at porn pics and videos. And of course then feeling very depressed about it

Need to treat depression? Maybe you just need some anti-depressant

Want to treat addiction?

I recommend you ask Gibbor or Cordnoy

[gibbor120 wrote:](#)

butterfly wrote:

I keep on trying to hit 90 days and keep on falling.
Been there done that. Counting days is not a program of any sort. It is just a means of motivation. For an addict, it is not usually that effective.

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Re: very depressed!!
Posted by Kedusha - 27 Sep 2015 01:54

Dear Chaver,

It hurts to mess up after Yom Kippur - believe me, most of us have been there, done that!

Check out this thread, first posted 6 years ago, which will, hopefully, give you some Chizuk.

guardyoureyes.com/forum/1-Break-Free/21015-Post-Yom-Kippur-Encouragement-for-those-Having-Setbacks

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Re: very depressed!!
Posted by butterfly - 27 Sep 2015 06:08

WOW!!!!!! Amazing! Thank you so much for that link to that forum!!

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