

Not sure where to start...

Posted by Chazg - 22 Dec 2015 14:33

I'm new on this forum and have been struggling with porn addiction for a long time 9 yrs. every time I stay sober for a month I feel great but then fall in to a rut and can't seem to get out of it. I feel worthless and feel like sh*t any advice on where to start?!?

I'm married and have kid and worried this is affecting relationship and feeling really depressed I'm worried...

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Re: Not sure where to start...

Posted by markz - 22 Dec 2015 14:50

Welcome!

Take a seat, relax (put your feet on the desk if you like - no not my desk!!!)

Someone will be over soon to hand you the keys to your truck, and you'll be well on your way

Maybe you want to try out the GPS in my signature? No extra charge :-)

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Re: Not sure where to start...

Posted by Bigmoish - 22 Dec 2015 14:56

Welcome.

Many of us found that sharing our experiences and hearing those of others proved to be beneficial.

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Re: Not sure where to start...

Posted by Chazg - 22 Dec 2015 16:55

How do I get up and start my day?? Zzzzzz

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Re: Not sure where to start...

Posted by cordnoy - 22 Dec 2015 16:57

Welcome,

good start for today.

there is a wealth of information here.

b'hatzlachah

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Re: Not sure where to start...

Posted by Chazg - 22 Dec 2015 17:01

I know, a lot to read...

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Re: Not sure where to start...

Posted by Bigmoish - 22 Dec 2015 17:02

Oftentimes, writing is better than reading...

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Re: Not sure where to start...

Posted by BenTorah.BaalHabayis - 22 Dec 2015 19:09

[Chazg wrote:](#)

How do I get up and start my day?? Zzzzzz

Welcome! I can relate to this very much. I'm feeling so tired cause I haven't had my coffee

On a more serious note, you are really not alone with this struggle and you have joined a great chevra here. You'll receive lots of warmth and encouragement if you take time to write and share your feelings. Hatzlacha!

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Re: Not sure where to start...

Posted by gibbor120 - 22 Dec 2015 19:52

Read the handbook. Check out some links in my signature. Dov quotes is good. Dr sorotzkin is good. keep posting.
today...

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Re: Not sure where to start...

Posted by Shlomo24 - 22 Dec 2015 21:25

WELCOME!

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