

First Time Poster - Help, Anyone?

Posted by keepontryin - 09 Feb 2016 15:43

Hello, I am looking for someone who can advise me regarding which method to use to quit cold turkey.

I am currently married with kids, and I have been struggling with this addiction since I was in mesivta. As far as my wife is concerned, I broke free of this addiction long ago. Being open with her will make things difficult between us, and there are enough shalom bayis issues to being with. My longest clean streak was great - it lasted 2 AND A HALF YEARS! But once I fell from that one, I haven't kept clean for more than a few months at a shot. I do realize that keeping clean for a few months is a pretty big accomplishment, however each time I break a streak I feel like such a failure, since I compare it to my 2.5 year streak...

I also feel like the thoughts that pour into my head are too strong for me to fight sometimes. It's not just when I see something inappropriate that I think bad thoughts, simply shopping in Lakewood (where I live) and looking around can set my mind racing to terrible places. I am ashamed to admit this and this is actually the first time I am letting this out - but I am even attracted to girls as young as 10,11 and that makes it extra difficult for me. Simply being in the same room as my young sister in law is a challenge.

Filters to keep me off porn have never been a good option for me, as I am a tech savvy guy and will find loopholes everywhere. Besides, even if I were to find a viable option for my phone, there are still numerous other ways for me to access anything. I also work full time and do not have so much time to be on this site without my wife asking me what I am doing...and It's not like I can be on the site in the bathroom as it contains lots of Dvarim Kedoishim..

Help - anyone?

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Re: First Time Poster - Help, Anyone?

Posted by cordnoy - 10 Feb 2016 00:04

[keepontryin wrote on Unknown:](#)

I feel better about this already, realizing that I can use the site in the bathroom.

Does anyone here have suggestions for me?

spend quality time in the bathroom.

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Re: First Time Poster - Help, Anyone?

Posted by markz - 10 Feb 2016 03:05

[cordnoy wrote on Unknown:](#)

[keepontryin wrote on Unknown:](#)

I feel better about this already, realizing that I can use the site in the bathroom.

Does anyone here have suggestions for me?

spend quality time in the bathroom.

You can find the Bathroom post in the "Free Towing" thread > **GREAT POSTS - Situations**
- [HERE](#)

I sure hope you began reading some success stories on the top of the "Free Towing" page
~~there will be a farther...~~

"Does anyone here have suggestions for me?"

Start with some baby steps - did you try any that I suggested at the beginning of the previous page

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Re: First Time Poster - Help, Anyone?

Posted by BenTorah.BaalHabayis - 10 Feb 2016 03:47

[cordnoy wrote on Unknown:](#)

Oh, and one more thin'.....there is no 11-letter limit on a username; you forgot a letter at the end of yours.

That was teef... especially for a newcomer. I think you owe an explanation on why you're so

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Re: First Time Poster - Help, Anyone?

Posted by markz - 10 Feb 2016 03:53
