

What to do with intense cravings...

Posted by hurting2heal - 14 Nov 2017 03:19

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Hello, I know and accept that I have an addiction to porn and masturbation...that is not the problem. The problem that I have is that no matter what I do, no matter how hard I try, I can not seem to get past my intense cravings to use and act out. I have tried just about everything; cold showers, prayer, fasting, internet filters, pills to put me asleep, meditation...but, when I get my cravings they can be so intense that they in fact cripple me...My body seems to turn on this switch somewhere and suddenly I have been high jacked. I feel as if somebody just threw me into the path of a speeding train and I am powerless to do anything about it. I want to get sober and stay sober, if not for this one thing, I know I will be alright....I just don't know what to do when these cravings come over me...? Can anyone help me? Has anyone ever experienced such intense overwhelming cravings? This stupid addiction has gone on for some thirty plus years now...am I too far gone to get better? Is it possible I have forever damaged my brain to the point of no return?

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Re: What to do with intense cravings...

Posted by Hashem Help Me - 14 Nov 2017 05:29

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Welcome. If you stay here and stay connected you will iyh get better. Keep posting. Hatzlocha.

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Re: What to do with intense cravings...

Posted by Markz - 14 Nov 2017 12:23

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Welcome brother

Do you have any idea as to why you get such intense cravings

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Re: What to do with intense cravings...

Posted by serenity - 14 Nov 2017 14:51

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I find my cravings start way before they actually get to a point where a switch flips. I took me a year in a program of recovery (which this isn't) to even begin to realize how my cravings start.

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Re: What to do with intense cravings...

Posted by hurting2heal - 14 Nov 2017 18:37

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Thanks for responding...the answer to your question, is I really have no idea. I could be doing all the right things, trying to keep my mind focused on recovery...keeping myself busy, which I really do and even yes,they happen even during prayer of all things, Several times while I was praying my body went into over drive, and I started even getting an erection that I could not stop! My intense cravings just come and take over. I really can't explain it... You know, these cravings are worse than coming off of alcohol. I had DT's several times in my life, but, these cravings for porn and masturbation make DT's seem like a walk in the park. Honestly, that is how intense and strong they are. It seems no matter how hard I fight or try to do the next right thing...Boom, it is like I am not here anymore. I am beginning to think there is no hope for me. Maybe I have just done too much damage to my brain.

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Re: What to do with intense cravings...

Posted by cordnoy - 14 Nov 2017 21:19

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I saw elsewhere on this site:

[www.drugtreatmentcenterfinder.com/11-tips-dealing-drug-withdrawals/](http://www.drugtreatmentcenterfinder.com/11-tips-dealing-drug-withdrawals/)

I like the suggestions on this site.

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Re: What to do with intense cravings...

Posted by cordnoy - 14 Nov 2017 21:19

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Re: What to do with intense cravings...  
Posted by serenity - 14 Nov 2017 21:43

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Medications that help with sex addiction have been helpful to me. Specifically for me Naltrexone was helpful. That with a very extensive recovery program. I'm currently med free for about two years though and sexually sober per the SA definition for 2 and half years. One slip in three years after 5 months. Naltrexone might not be right for you but that you can consult with a psychiatrist specializing in sex addiction.

You mentioned alcohol. I cannot drink any alcohol and stay sober from lust or sober from alcohol for that matter.

Many people have had to have a period of abstinence totally including with their wife to get recovery.

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Re: What to do with intense cravings...  
Posted by hurting2heal - 15 Nov 2017 04:00

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Thanks so much for your reply. I often wondered if there was any kind of medication that could help. I am currently on medication for Bi-Polar disease. I currently have a doctor, but, she is not one of those docs who see porn as an addiction...strange right? However, I think I will inquire about the medication you told me about...at this point, I would try just about anything. Baruch Hashem, I stayed porn free today...I so cherish these quiet days when I am not being

held hostage by my brain. But, I sit on pins and needles all of the time, wondering when the next fit of insanity will come. I just keep talking to Hashem...I sure hope He is listening. Thanks for your help and support. It's really, really is nice knowing I have you guys to talk to.

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Re: What to do with intense cravings...

Posted by Hashem Help Me - 15 Nov 2017 12:12

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The withdrawal symptoms you described are extremely common, including the demoralizing and potentially embarrassing erections coming at the strangest times, like during shemoneh esrei. Isuggest you look at the link Cordnoy sent which has great suggestions for dealing with this *temporary* challenge. If you have not done so yet, it would be very helpful to be in touch with some successful people here. Email, chat, and phone (it can be anonymous by blocking caller id) are all ways to connect. Hatzlocha with your journey.

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Re: What to do with intense cravings...

Posted by serenity - 16 Nov 2017 02:18

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Here is an article about it.

[www.psychologytoday.com/blog/the-truisms-wellness/201509/anti-drinking-drug-may-hold-the-cure-sex-addiction](http://www.psychologytoday.com/blog/the-truisms-wellness/201509/anti-drinking-drug-may-hold-the-cure-sex-addiction)

I discovered this way before most Dr would even know about. With my endless online searching I found a blog where a guy said naltrexone was the only thing that helped stop his exhibitionism. Pls know that if it works it will be a miracle for you but it takes positive recovery to keep it working. You can defeat the drug. I did.

?Luckily now you don't have to do endless compulsive internet searching and if you find the drug works you don't need to see if you can push its limits. I did that for you.

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