

compulsion

Posted by rolemodel - 29 Mar 2019 16:55

So I'm in day 2 without any porn or masturbation, but I haven't had any real urges yet. But still, I'm so addicted that i've noticed that my go-to position for my hands is in my pants. Like it's not even sexual. it seems ive went there so many times that now it's just my hands "automatic" relaxing position. This shows me even more that I have a problem that needs to be fixed so I need to make it to 90 days

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Re: compulsion

Posted by doingtshuva - 31 Mar 2019 01:27

Welcome.

Any plans?

Have you read the Handbook

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Re: compulsion

Posted by rolemodel - 31 Mar 2019 02:30

yes I read it. thanks. My plan is to make it to 90 days no matter what. I'm gonna be constantly updating my progress on this site. I uninstalled Instagram and I found a hobby. Plus, I wrote down a bunch of rules so if I break any, I reset my counter. It's harsh but effective because I can't tell myself that i will only view images or only touch myself a little because if I do any of that, I have already failed.

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Re: compulsion

Posted by doingtshuva - 31 Mar 2019 15:20

great job,

Don't take upon yourself unrealistic rules or chumrus. Keep it simple!

may you become our future Role-model

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Re: compulsion

Posted by ColinColin - 31 Mar 2019 16:18

Welcome.

90 days is a great target but do not think that just because you make it to 90 days everything is foxed for life.

It is a day by day attitude, for the rest of your life.

Perhaps Cognitive Behavioural Therapy can help find a new position for your hands?

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