

my struggle

Posted by TG - 10 Sep 2020 19:18

as seen in my intro---

Hi, I am TG and I am a P-Aholic and relapser. Since I was a teen I felt an insatiable need to look/watch P ending in Z. Over the years, once I met my wife I got better, usually no Z, with some clean periods, but inevitably still falling after a certain time needing to see the pictures (usually not videos or Z as result). I stumble and fall a lot, sometimes 30 days clean, one time much longer, usually weeks at most. I once told my wife I used to in the past (until college) but it's still with me and I once tried to broach the idea of a struggle with shemiras einayim...to which she nearly left me. Hence, the struggle is my own and can't be given to her. I love my wife with all of my as well as my children and this site I hope can help me. I try to be a great husband and father, and there's no chisaron between me and my wife, I feel very taken care of in all aspects by her and think she's the most beautiful woman. This happens to be a beast inside me, that needs to be satiated, needs to see the things when it wants and makes me fall for a while each time. I hope im not a rash gamer and can still be seen as a good guy who has a very bad evil inside. I give podcasts/shiurim/ am an OT and try to make the world a better place as much as I can, and feel so bad about how evil lives in me. Feel free to chat, as my wife often uses my phone so I can't do emails/whatsapps/texts/calls. Thanks for listening!

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Re: my struggle

Posted by ColinColin - 13 Sep 2020 01:30

Welcome.

Try to understand what triggers you to watch things.

Then you can know where to focus on.

Consider emotional triggers such as Tiredness, Loneliness, Stress, Resentment etc.

Or physical ones such as having seen inappropriate images during the day at work.

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Re: my struggle

Posted by Hashem Help Me - 13 Sep 2020 06:52

Welcome. It should be with hatzlocha. Keep posting and get to know the chevra.

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