

Numb?

Posted by RabosMachashavos - 06 Oct 2023 06:06

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Question: Does it make sense that porn can numb me out in my general life?

Basically, I feel like I'm not fully present in this world. It's a strange sensation where it feels like my 2 feet are not on the ground. I feel like I'm floating through life and days and nights are flying by. In Yeshiva, I'll go through a whole day and look back and be like "what did I do today?" In bein hazmanim I'll be on my phone for 11 hours a day and when I'm asked to help around the house Ill say one sec but it quickly turns into 2 hours.

I am currently struggling with a porn addiction where the second my phone enters my bedroom, its game over and I fall over and over. Over the course of the last couple years, every time I watch it, I get more numb to the sensation and by now the only pleasure I receive is from the masturbation (which I really force it sometimes). Also, my parents have a filter on my phone where they see what I'm doing but it doesn't help me at all. So I see this idea of getting numbed out to pleasure in porn where I don't care anymore who knows if I do it. This is very scary because I know I'm supposed to care.

Just curious if my not feeling present in and losing touch of reality can be a result of this addiction?

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