

PLEASE HELP ME

Posted by iwillbefreeoneday - 01 Apr 2025 22:39

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I'm at a point where I feel I'm reaching a dead end. I've tried to stop many times, but with no success. I'm on the internet pretty much all day, and it's affecting me tremendously. It just keeps getting worse with each passing day. I'm at a dead end. I've been here for a little while, but I haven't found anyone even close to my story. I feel like I'm the only one in the world struggling on such a large scale. I don't know what to do anymore; I just try to embrace the minutes or hours when I'm not online. I feel trapped. This fight is so much bigger than me that I feel like giving up. I don't know what to do anymore; it has literally taken over my life during the hours that I'm not asleep.

Anyone who has ever been in this situation and could help, please come forward.

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Re: PLEASE HELP ME

Posted by iwantlife - 01 Apr 2025 23:23

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Hey there! Welcome! There are many people here who have felt the same, and have still freed themselves from this trap. Why don't you share a little more with us about your situation, and why you feel it's unique.

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Re: PLEASE HELP ME

Posted by time2win - 01 Apr 2025 23:32

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Sorry to hear you are feeling overwhelmed!

if I may ask, What strategies have you employed thus far? Filter? Webchaver? Therapy? Would be happy to provide some feedback if you can share more about that strategies you've tried that haven't worked.

Hatzlacha in your recovery!

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Re: PLEASE HELP ME

Posted by proudyungerman - 01 Apr 2025 23:45

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Welcome to the warmest family in the world!

Why don't you tell us a bit more about your situation?

There may be people or tools that can be helpful, but I don't think anyone can really suggest anything without a bit more information.

Lookin' forward to hearin' more from you!

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Re: PLEASE HELP ME

Posted by hishtadlus123 - 01 Apr 2025 23:47

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Tzaddik, you are in the right place. Of course no one knows your situation but have you tried filters? reaching out to people here? Therapy? SA? there are many different stages to each persons struggle and each of them have a cure no matter how severe your stage is... how about opening up to someone here or to a therapist...

Hatzlacha - Hashem is getting so much nachas from His precious son reaching out.

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Re: PLEASE HELP ME

Posted by wannachange - 02 Apr 2025 00:53

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You got this brother! I was at an all time low not to long ago....no way of controlling myself for years and years... then I took a day off from work just to get out and away from humanity...and opened up to Hashem. Cried and cried...He is the One in charge. He led me here to the proper resources. You will too! You got this. You will get out. We are here for you crying for you

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Re: PLEASE HELP ME

Posted by radiantunicorn71 - 02 Apr 2025 01:34

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i literally am bursting with empathy for you... i know it can be really overwhelming and i cannot imagine how you feel. we're all in this together and if you want help, sympathy, or just a listening ear, we're here for you.

i don't know your story but maybe a suggestion of not looking at the day as one big day rather as an hour at a time? or half hour? you choose the time interval and during that time you put everything you got into not doing what you are trying to work on. you don't need to be perfect the whole day the second you start working on it. don't sell yourself short for that little bit of time you held back.

sincerely hoping for your hatzlacha

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Re: PLEASE HELP ME

Posted by redfaced - 02 Apr 2025 03:11

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[iwillbefreeoneday wrote on 01 Apr 2025 22:39:](#)

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Anyone who has ever been in this situation and could help, please come forward.

Welcome friend. You are absolutely in the right place Heres a hug.

And another one.

On both cheeks.

While no-one can know your story or try to guide you towards recovery until you share a bit about yourself, you gotta know one thing (forgive me please if my numbers are off, but each thing is important enough to be the only one).

The first one thing is, that you are not that good, at whatever bad thing it is that you're doing, to think that you are unique, or that it hasn't been done countless times by countless people on the forums.

We all struggle and we all have done things that are unimaginable by someone that doesn't share our exact struggle.

Which leads me into the next one thing - equally as important.

All of us here - EVERY SINGLE ONE OF US - once thought that there is no way we can ever be clean more than a couple minutes at a time. That we are destined to forever be stuck in this gigantic sewer of life and there's nothing we can do about it.( I personally quit masturbating many times, sometimes multiple times in a single day)

But all that was only when trying without having the right tools. With the right tools you too can join the ranks of people with stacks of clean days and boatloads of Karma.

Read. Post . Connect . You can do it. All of us can do it ,

LCHAIM!!

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Re: PLEASE HELP ME

Posted by markz - 02 Apr 2025 12:00

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[redfaced wrote on 02 Apr 2025 03:11:](#)

[iwillbefreeoneday wrote on 01 Apr 2025 22:39:](#)

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LCHAIM!!

Now you know why I didn't suggest yours truly in the moderators vote.

Because you can depose the guard and make him your 2nd in command.

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Re: PLEASE HELP ME

Posted by alex94 - 02 Apr 2025 14:48

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You will be free one day. A day closer than you think beH.

I wonder what bear skin looks like on a red face

I felt trapped in the internet for a very long time. I worked alone, on the computer, all day (and night).

I had zero self control. I struggled to get work done. Between porn, facebook, twitter, instagram, youtube, tv shows and movies, and reddit, I was in a vicious cycle self loathing and indulgence, spiraling into the depression I was desperately trying to avoid.

Sinking

lower

and lower.

What helped me was focusing on what i was dealing with that so exhausted me that I had no strength left to live with minimal discipline. Therapy...

Focusing on the sorounding and underlying is a powerful approach.

Stick around.

You are not alone.

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Re: PLEASE HELP ME

Posted by retrych - 02 Apr 2025 16:09

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As someone who was on the internet all day every day for many many years, not even learning to drive or job training or having friends or doing or taking care of anything at all...you can. its a process and there are days you will feel like you cant function with less than 18 hours of it and nothings going, but youll get there

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Re: PLEASE HELP ME

Posted by iwillbefreeoneday - 02 Apr 2025 16:41

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WOW! I'm speechless by the support over here. I just expressed my feelings at the moment and wasn't expecting that at all.

Some asked me to share my story, so I'll share it here, and hopefully it can help me get out of this *plunter* once and for all.

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Re: PLEASE HELP ME

Posted by yosis.smart - 02 Apr 2025 19:51

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Hey! Thanks for your openness to share your story.

I will echo the sentiments above - I spent 20 years feeling powerless to get off internet, including any way to get past whatever filter I installed. My only break was Shabbos and Yom Tov.

After 30 years of insanity, I am now 150 days clean, so although I don't know your situation, I am sure you can and will do the same if you will understand that your life depends on doing whatever it takes to get clean and you are willing to listen to some of the advice here.

Wishing you brachos and success on your journey!

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Re: PLEASE HELP ME

Posted by iwillbefreeoneday - 02 Sep 2025 18:53

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Not sure if anyone will read this, but today marks day 21 of my new life. This is by far the longest streak I've ever had in the last 20 years. Yes, it's sometimes brutal, but I'm hoping to reach at least 30 days, one minute at a time. I come from a world where I watched porn 6-7 hours a day for the last couple of years and have been into p/m since I was 13. So, this is a real breakthrough for me, BH. As hard as it is, life feels so much better. I know the hardest part is still ahead because my brain is so messed up, and it might take years to rewire, but it's never too late. I'm determined to give it my all and get my life back. Finally.

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Re: PLEASE HELP ME

Posted by hashemisonmyside - 02 Sep 2025 19:03

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Wow!!

you're definitely going in the right direction, just continue taking small baby steps, and don't be afraid to reach out for help, we're all here for you!!!

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