

New Here, i hope this helps

Posted by tshuvah5771 - 12 Jun 2011 20:13

Hi Everyone

I am in the mid 30's Yingerman with 4 Kids BL"H, beautiful wife, doesn't look the same as she was in her 20's, This is the first time I am trying this, I am so addicted that I can't work, everytime I am alone in the office I go straight to porn, I go to the mikvah the next day and promise myself that this was the last time, 2 days go by and I fall thru again, at night as soon as my wife falls asleep, I start looking at porn till 3-4 in the morning, I have tried different filters it helped for a week, then I reformat my computer to erase the filters and started again, how can I stop it's ruining my life, every time I have a spare minute I do it again, I try not to mzl but once a week I can't help it anymore and do it again. since I am a butcher I have looked at magazines everytime I had a chance, I really want to stop for good, so I came here. to see if anybody can give me some advice or chizuk, and I hope Hashem is going to be my mochel after mzl so many years.

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Re: New Here, i hope this helps

Posted by tshuvah5771 - 23 Jun 2011 00:25

Hi

Thanks everybody and specially to TheJester, you really explained it well to me, I also had a few good laughs.

btw about the c.v thing as I posted it I realized my mistake, I figured no one will pick on it. and you did :-)

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Re: New Here, i hope this helps

Posted by mnman415 - 23 Jun 2011 01:16

btw

did you see my pm?

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Re: New Here, i hope this helps
Posted by TheJester - 23 Jun 2011 11:34

[tshuvah5771 wrote on 23 Jun 2011 00:25:](#)

btw about the c.v thing as i posted it i realized my mistake, i figured no one will pick on it. and you did :-)

Here is where I see the power of words and writing. It's not in the conscious, but rather in the unconscious. Yes, things can look different when you write them... But you can see a lot in the choice of words, the underlying assumptions, etc. It's why I like poetry as a form of self-realization... It works for me because I can "trick" truths out. This is in no way to detract from the *pshat*, which is probably infinitely more powerful, but it is an amazing "spice" if you can do it.

For me, it is not writing that helps, but reading - today, tomorrow and next week. I tend to edit a lot, because I write stream-of-consciousness by default. Editing is an interesting experience, if you let it be.

Still - noticing where you chose to put the C"V demonstrates the power of reading what you

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Re: New Here, i hope this helps
Posted by jewishguy - 23 Jun 2011 12:11

[tshuvah5771 wrote on 12 Jun 2011 20:13:](#)

Hi Everyone

I try not to mzl but once a week i cant help it anymore and do it again. i hope hashem is going to be me mochel after mzl so many years.

Dear Teshuva;

Just a quick note from a fellow "Addict", In my opinion watching porn damages us more then MZL. You seem to dwell on the MZL rather then the Porn that you just see as a vehicle to the ultimate Sin, when porn, may be the same sin.

As a Frum Guy, you should know that Hashem will 100% forgive you, since you took the effort and time to come seek help, he most probably already did.

Good Luck, Wishing you the best!

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Re: New Here, i hope this helps
Posted by 2nd-chance - 12 Jul 2011 19:57

Dear Teshuva;

In my opinion watching porn damages us more then MZL. You seem to dwell on the MZL rather then the Porn.

jewishguy You hit the right button

most of the chassidim have this messed up

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Re: New Here, i hope this helps

Posted by lookingforwisdom - 12 Jul 2011 20:11

[Chaim II wrote on 12 Jul 2011 19:57:](#)

jewishguy You hit the right button

You're right

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