

**I Can Finally Breathe (First Post)**

Posted by PMIC - 21 Dec 2012 11:14

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Hello,

Just to give a quick introduction about myself, I have had to deal with the addiction of looking at porn and masturbation, since being introduced to it by a friend, while I was in 8th grade. I was hooked after about the second time and have never been able to stop for a significant period of time. Early on in my addiction, I tried to stop, even trying to make deals and contracts with myself to stop but nonetheless I was unable to. Fast forward to the present time, within the past two years, I have been diagnosed with ADHD and depression by healthcare professionals and have been going to therapy for about a year and a half. More recently, my wife caught me purchasing pornographic material over the Internet. After this occurred, I contacted my therapist and she suggested I start going to SA meetings and that many frum Jews deal with the same issues I have been dealing with. She gave me the number of a very relatable person to me and after talking with him briefly, he invited me to come to an SA meeting, which actually he was leading that night. I have only been to a couple meetings so far but it seems to be the right thing for me even though I have slipped and acted out since starting the program. I finally feel free and am comforted by having a Jewish orientated place where I can talk about my addiction without worrying about the consequences if someone were to find out. In addition, it feels so much better to be more honest with my spouse and not lead a double life anymore. I hope to stay on the sober path as, I can definitely see the beneficial results. Thanks for letting me share.

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**Re: I Can Finally Breathe (First Post)**

Posted by Dov - 24 Dec 2012 03:37

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And thanks for sharing yourself! Continued patience and hatzlocha, chaver.

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**Re: I Can Finally Breathe (First Post)**

Posted by moish u.k. - 24 Dec 2012 15:54

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Welcome on board.

It works if you work it....

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Re: I Can Finally Breathe (First Post)

Posted by iabsolutelycan - 25 Dec 2012 00:41

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It certainly helps to speak about it. When I first joined, I was hesitant about opening up, but I found it works wonders. Not that that's the solution to our problems (wouldn't it be nice if it was?), but it's a great first step! Keep up the good work!

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Re: I Can Finally Breathe (First Post)

Posted by Dov - 25 Dec 2012 03:23

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How's it going PMIC?

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Re: I Can Finally Breathe (First Post)

Posted by PMIC - 26 Dec 2012 07:07

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It's tough but going well... Up to day 6 of sobriety. I am hoping to go to an SA meeting tomorrow to help ease the addiction.

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Re: I Can Finally Breathe (First Post)

Posted by Dov - 26 Dec 2012 08:31

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If you go to go to SA meetings, do you have some ideas of how to make the best of them?

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