

Looking for Chizuk

Posted by lookingforchizuk - 07 Mar 2013 02:54

I am a sexaholic and have a hard time getting past a week. I get there and then something gets into my head and since I dont need images to act out as I have a fetish for Female undergarments I dont know what to to besides trying to work the program and get to meetings. however the meeting are not near my home and i work at night and the mornings are too early. I need help badly. I was told about this sight a while ago but never utilized it. I am here now and hope this will be the yeshuah i need and want.

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Re: Looking for Chizuk

Posted by reallygettingthere - 07 Mar 2013 03:10

Welcome LFC,

My name is Eli and you certainly came to the right place.

We all have our struggles and although they might manifest themselves in different ways, we are all here for more or less the same reason.

For starters be sure to check out the welcome packet guardyoureyes.com/forum/19-Introduce-Yourself/101129-Welcome-Package-for-Newcomers

What makes you think that you are a sexoholic?

Eli

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Re: Looking for Chizuk

Posted by lookingforchizuk - 07 Mar 2013 03:40

I am now a father of 4 and have been acting out since I was 15. First using underwear catalogs then moving to images of bondage on the internet the to videos. I also have a fetish of wearing women's undergarments particularly stockings.

I have been in and out of SA for 2 years and am now getting back involved trying to make a meeting in my area and reaching out.

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Re: Looking for Chizuk

Posted by tocontrolmyself - 20 Mar 2013 17:49

if the meetings are too far join the gye calls.

How far is your cellphone?!

HATZLOCHA!

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Re: Looking for Chizuk

Posted by hopefull - 20 Mar 2013 17:56

Welcome to GYE this is the place for you. I would recamend reading the hand book its a valuble tool in our struggles.

Good Luck

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Re: Looking for Chizuk

Posted by moish u.k. - 21 Mar 2013 16:44

Welcome LFC.

I too am an SA member.

If you want to talk let me know by email or pm.

Best regards,

Moish

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Re: Looking for Chizuk

Posted by alexeliezer - 21 Mar 2013 19:37

Welcome!

I ~~had~~ have similar fetishes and have been to similar websites. In fact, I'm interested in pretty much any kink that involves women and will get me going. It's not the kink, it's my head. It's my need to get my fix of the lust drug. The fetish is just a distraction -- and the hook that keeps me thinking the thoughts that keep me aroused. We sexaholics are addicted to arousal.

After admitting we have a problem, the first step in recovery is to get sober. That means no drug, no drinking, no sipping. What works for me is aggressive shmiras eynayim in all settings combined with relentless surrender of any mental images and fantasies as soon as they come. When I sense my mind trying to go in that direction, I start davening immediately, asking Hashem to take the thought, and my lust, for now. I can't do it by myself. I need Hashem to intervene constantly. In the beginning, the withdrawal is fierce. With time, it gets easier, becomes more automatic. It's still an effort and always will be. I started after 30 years under the influence and have managed four clean years without a slip. That's the key -- not to slip.

Take it one day at a time. Commit and don't ever quit.

Hatzlocha -- and stick around.

Alex

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