

Where do I begin?

Posted by afreshstart39 - 12 Apr 2013 02:49

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Hi

I don't know what I am supposed to do really,

I signed up to get the emails, and I am on the 90 day chart, and I requested a sponsor, and I read a ton of your stories, and...

My story goes like this, I got into inappropriate material when I was in high school, and back then the Internet just started, and I didn't have that much access, but with the advent of technology my struggle realized itself,

It's funny really, my addiction grew as technology advanced, and by the time I was out of high school I was full fledged addicted, and any chance I got I was online looking at kol Davar asur, not because I needed, but initially, because I was bored, and no one in my life ever spoke about it, all I knew was that was assur to be Motzei zera, but no one was giving me chizuk

Marriage obviously didn't help, it only relegated the addiction to when I was stressed out and needed the release, and when the triggers happened I couldn't get it out of my mind, no longer did I do it when I was bored,, but I was was getting stressed out more often, and after the fact, I felt terrible and I went on a clean streak, and then a few months later, the same thing again,

And then my wife caught me, and now I am here broken and looking for help, not sure where or how to begin, only that it all has to stop NOW!!!!!!

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