

Strong everywhere except here NEED HELP why can't  
Posted by Nachshon - 22 Sep 2013 21:08

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God has blessed me with so much...wife that is crazy about me...wonderful children...career that is going well...friends..etc.

Why can't I just control this part of me...why do I need this escape. Yes life is hectic...have 60 employees I am responsible for...but I love having the responsibility...I feel so weak and self loathing every time I slip. I feel as I am I giving god reasons to take away all that he has given me.

When The moment it is over...a wave of guilt/disgust washes over me....I tell myself I will stop...but in short order I return. I made a donation to GYE...before RH....as a hope that god will possibly forgive some of my sins. I go through starts and stops with cutting back...just seems like right after YK...desire and tests come at me. Feel like I keep getting these challenges...woman into my life...that weaken me. All my fault....not blaming anyone.

Need help...feel lost...not sure what else to do....going down the rabbit hole...need to keep trying...feel no matter what I will revert back.

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Re: Strong everywhere except here NEED HELP why can't  
Posted by Sparky - 12 Feb 2014 12:36

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Nachshon,

I am very sorry you felt hurt by my post. That was never my intention. In fact I thought about whether or not you would be offended and even edited a few times. But I was wrong.

I was only trying to get you to think. The truth is semantics are not important bit the behavior is. Dov talks about how some people seem to think it is a mitzvah to call oneself an addict. But that is not for now.

I do know how hard it is to open up. I was once a newcomer too. It took me a very long time to start posting and even longer to join a call and only out of sheer desperation did I meet a live person who is powerless over lust porn and masturbation, like myself.

I know that newcomers are sometimes very raw from the shock of sharing and also exhilarated by being able to share. I sometimes err on the side of embracing the exhilaration and ignoring the rawness. I am sorry again that I hurt you.

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Re: Strong everywhere except here NEED HELP why can't  
Posted by Sparky - 14 Feb 2014 05:39

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I decided that for the time being I will try to only share about me and not comment or advise.

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Re: Strong everywhere except here NEED HELP why can't  
Posted by Dov - 14 Feb 2014 06:49

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Re: Strong everywhere except here NEED HELP why can't  
Posted by Pidaini - 14 Feb 2014 08:16

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Re: Strong everywhere except here NEED HELP why can't  
Posted by Dov - 14 Feb 2014 08:52

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Re: Strong everywhere except here NEED HELP why can't  
Posted by Sparky - 24 Feb 2014 10:26

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Nachson,

I hope you are doing ok.

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Re: Strong everywhere except here NEED HELP why can't  
Posted by Dov - 25 Feb 2014 23:36

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So do I.

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Re: Strong everywhere except here NEED HELP why can't  
Posted by Duvid - 26 Feb 2014 06:11

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sparky- I think what you said is true. but I feel for nachshon cause I myself cant get myself to open up at all yet. But let us all remember we are here to give eachother and get from eachother chizzuk.

good luck nachshon!

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Re: Strong everywhere except here NEED HELP why can't  
Posted by kilochalu - 27 Feb 2014 04:41

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Hashem should help all of us make the right decisions about how to proceed and also help us carry them out.

sometimes (maybe more then sometimes) the actual carrying out (such as making phone calls or going to meetings or for each person what works for them) is a lot easier then we think it will be. the hardest part is in between the 'hoping' and 'deciding' to do it, to actually doing it.

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Re: Strong everywhere except here NEED HELP why can't  
Posted by cordnoy - 27 Feb 2014 05:17

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[kilochalu wrote:](#)

Hashem should help all of us make the right decisions about how to proceed and also help us carry them out.

sometimes (maybe more then sometimes) the actual carrying out (such as making phone calls or going to meetings or for each person what works for them) is a lot easier then we think it will be. the hardest part is in between the 'hoping' and 'deciding' to do it, to actually doing it.

If I understand you correctly, you are saying that the decision or commitment is the difficult part; the actual carrying out of it is easy.

There is some merit in that....for a commitment is not so easy. Some people may think that they decided to take action or to change, but really, it is just a mirage of sorts, or part of the vicious cycle.

Nevertheless, I will say that the actual actions can be difficult as well. Not taking that second look is not an easy task. Not clicking on those links can be tough as well (and that is where filters and monitors and blockers come in).

And please, get that word "hoping" out of the equation; it will do you no good.

b'hatzlachah!

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Re: Strong everywhere except here NEED HELP why can't  
Posted by kilochalu - 28 Feb 2014 03:01

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1000%

When I said 'actual carrying out' I also explained what actions I was referring to,

which seem extremely difficult to many of us before we actually do them but afterwards we realize how easy and rewarding they are.

I was not referring to not clicking when there is an enticing link since I am almost 'hope'less at that (w/o a filter I would not survive).

Also, what I said was hard (for many of us) was **in between** 'hoping' 'deciding' and carrying out.

Thank you for clarifying.

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Re: Strong everywhere except here NEED HELP why can't  
Posted by Dov - 28 Feb 2014 08:46

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Hey, how about if instead of getting the word. "hoping" out of there, we just all hop each time we read it.

...Wherever we are at the time.

It will be fun.

Heh.

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Re: Strong everywhere except here NEED HELP why can't  
Posted by kilochalu - 03 Mar 2014 03:39

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a freilichin adar two to you too

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Re: Strong everywhere except here NEED HELP why can't  
Posted by Dov - 03 Mar 2014 21:12

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Hop! Hop!

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