

About me and the addiction

Posted by DanielTeshuva - 17 Jan 2014 11:49

Shalom,

I have been around on this website for a view days and decided to introduce myself here properly and also tell why I am here.

Like many of you, if not all, I suffer from a sexual addiction. Ever since we first got internet just before the turn of the millennium, I learned of porn sites and have been viewing them at times. While at first it even wasn't that serious and I could go on for months without it, later on it became an issue more and I really found out that it was an addiction. I had become the slave of sexual thoughts, leading to fantasies and masturbation, either with or without unclean images and videos (if I was at work and felt the urge to masturbate and couldn't resist it, I'd do it on the toilet there just as well and made sure it would not be found out).

This went on for years until recently it all came out. Needless to say my spouse was shocked and very disappointed. She felt betrayed and it caused much hurt. But despite all the pain she did immediately say that she want us to get through this and to fight. She said 'I have made my wedding vows so leaving you would never be an option'. I am proud of how she is doing and it confirms my knowledge of being each other's bashert.

I never want to disappoint her again and that is why I am happy to have found this place. This website offers a helping hand for those that need it desparately, by the Chizuk mails, the 90 day charts, filters, this forum and all the other options.

Thanks!

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