

I want to improve my life for good

Posted by pomodoro - 13 Aug 2014 22:27

I am 48 and I've been harshly struggling with lust for 10 years now.

I am a father of family and a well-considered person in my community though, because they don't know about my fault.

My addiction has slowed me down in everything: family bonds, enjoying of life, working development, etc.

In this 10 years I've come to understand many thing about my adicction.

Now I think that knowing everything about addiction doesn't work.

Sometimes I've come to a whole realization of what was happening to me with porn addiction.

But, how silly I've been. Understanding it doesn't work. It is only a little part of the recovery.

You need too to do things, actions and procedures to get rid of it completely.

Realization and understanding is not the whole matter.

That's the reason because I am here now.

I think that using this web page, so kindly put here for this helping team and their supporters can help me to "take action" and to do "real things" to overcome my porn adicction.

Also, by doing this, I help myself and can help others in their harsh struggle, as I improve mine.

I think it can be a good tool to begin adding value to my life.

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Re: I want to improve my life for good

Posted by cordnoy - 13 Aug 2014 22:37

Thanks for joinin'

at least now there's someone my senior.

Make sure you stick around gramps.

Lookin' forward to hearin' your story.

b'hatzlachah

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Re: I want to improve my life for good
Posted by dms1234 - 13 Aug 2014 22:40

WELCOME!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

It seems like you are well on your way. What actions do you think you could do?

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Re: I want to improve my life for good
Posted by lavi - 14 Aug 2014 02:07

hi there.

I like the way you put it, "value of life".

I feel that anyone stuck with lust, feels pretty worthless,

and part of the struggle I guess is to reinstate our worth.

but I've been told, that one has to know, that the truth is he is "worth"

whether or not he feels it.

keep on posting.

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Re: I want to improve my life for good
Posted by dd - 14 Aug 2014 12:34

Welcome!!!!

i don't think its a good tool i know its a amazing tool to start the path to recovery, as mentioned here many times by many chevrah opening up is tool number 1 so join the chevrah and lots of hatzlachah ,

kol tuv!!!!

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Re: I want to improve my life for good
Posted by newaction - 14 Aug 2014 14:22

what ever happened 10 years ago when you started ? at age 38 you were completely clean ?

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Re: I want to improve my life for good
Posted by MBJ - 14 Aug 2014 15:06

That is a great opening post. I pray you have much success dealing with your addiction. Also, I love tomatoes

Welcome

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Re: I want to improve my life for good

Posted by Gevura Shebyesod - 15 Aug 2014 00:12

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Re: I want to improve my life for good

Posted by cordnoy - 15 Aug 2014 00:18

Some people here love to throw tomatoes

Duck!

Warning: Spoiler!

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Re: I want to improve my life for good
Posted by truthornott - 15 Aug 2014 01:50

deleted

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Re: I want to improve my life for good
Posted by Dov - 17 Aug 2014 13:56

Hey Pomodoro, your post was beautiful! I relate to your story on many levels, man. Thank you!

And this guy hit the nail on the head, I think:

[newaction wrote:](#)

what ever happened 10 years ago when you started ? at age 38 you were completely clean?

The real question will be in making what you wrote come true:

[...participating in this forum] can help me to "take action" and to do "real things" to overcome my porn adicction.

It's all about getting rid of those "quotation marks". It really *does* need to be real action, to work. So if you want to call and talk it over, just call, chaver. (I'll gladly give you my cell # if you want it. - that is **my real action**...I need to continuously take real action, to keep what He is giving me, of

course.) But at the least, keep sharing here in detail and clarity exactly what your struggles have been since the very beginning....but I agree w you that the main struggles to share are the present ones.

It's just that the 'newaction' fellow was so right: we gloss over the details, to make the preset seem so much more manageable, dramatic, heroic, sad....while in reality our struggles have usually developed patiently and simply, from our very first frustrating and powerful experiences with sex, lust, and sexuality. It's OK to share all that. And if those things are too explicit for the forum (they often are) then you can just call.

Hatzlocha and lots of love,

Dov

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Re: I want to improve my life for good
Posted by pomodoro - 18 Aug 2014 15:17

Yes, indeed I consider them to be too much explicit for the forum.

Thank you for your phone offering.

I will ask for it if needed.

In the meanwhile I will keep posting on the forum.

Best wishes.

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Re: I want to improve my life for good
Posted by pomodoro - 18 Aug 2014 16:21

Whatever happened at age 38?

I was not completely clean then, but at that moment at least I enjoyed somehow my life.

I was under recovery from my last lust period.

I remember all my life having harsh times of lust struggling.

It always was like an instant trigger to my mind that kept me captive to it while the gunpower would exist.

It could last from days to months and even years, as far as the reason to my lust would be alive, as I was unable to get rid of it on my own.

Yes, they have been indeed harsh times to endure.

Sometimes I think I am currently in the latest and the last phase of the last harsh period.

That's the reason I am now posting here instead of entering into web porn.

At least sometimes I can avoid it and now it is a pace that I can do more easily and keep sober.

I hope to be able to maintain this new trend for ever, and never hesitate to keeping in the fight.

I don't want to get real hardship again.

This must be my last difficult period.

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Re: I want to improve my life for good
Posted by gibbor120 - 18 Aug 2014 20:58

WELCOME! Keep posting and reading. Many lives have been saved here. I have some good stuff in my signature.

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Re: I want to improve my life for good
Posted by Dov - 19 Aug 2014 20:25

Thanks for your posting, I can only guess that I relate to a lot of what I can only guess you went through and are still going through (I guess), chaver.

Like that guy said, sticking around may lead to better stuff than we've got now.

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