

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 things about my addiction.

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 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 addiction.

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.

=====  
=====

Re: I want to improve my life for good  
Posted by Shlomo24 - 01 Feb 2016 05:19

---

[pomodoro wrote on 31 Jan 2016 23:39:](#)

When will be the glory of the moment wherein we understand that the ecstasy, the heating and the search for sexual pleasure are such bad things for us...

It isn't "part of this world".

It isn't part of the purpose and function by which we live in this world.

Those who don't stick to this fact are condemned to live miserable on earth.

Sexual pleasure is very much part of "this world". The world kinda wouldn't exist without it. In my experience making sex bad just added to my shame. It did not keep me sober. There are a hell of a lot of good things about sex and sexual pleasure. My problem isn't sex, my problem is me. When I tell myself that sex is the problem I am merely delaying myself from recovering and just adding more crud the the dump-load I already have. I don't know where you are getting this from and even from a religious perspective there is nothing wrong with sexual pleasure. Although I didn't get a chosson shmooze, I'm pretty sure that it's supposed to be pleasurable.

=====  
====

Re: I want to improve my life for good  
Posted by cordnoy - 01 Feb 2016 12:21

---

[Shlomo24 wrote on 01 Feb 2016 05:19:](#)

[pomodoro wrote on 31 Jan 2016 23:39:](#)

When will be the glory of the moment wherein we understand that the ecstasy, the heating and the search for sexual pleasure are such bad things for us...

It isn't "part of this world".

It isn't part of the purpose and function by which we live in this world.

Those who don't stick to this fact are condemned to live miserable on earth.

Sexual pleasure is very much part of "this world". The world kinda wouldn't exist without it. In my experience making sex bad just added to my shame. It did not keep me sober. There are a hell of a lot of good things about sex and sexual pleasure. My problem isn't sex, my problem is me. When I tell myself that sex is the problem I am merely delaying myself from recovering and just adding more crud the the dump-load I already have. I don't know where you are getting this from and even from a religious perspective there is nothing wrong with sexual pleasure. Although I didn't get a chosson shmooze, I'm pretty sure that it's supposed to be pleasurable.

Shlomo, I don't fully understand his English, but perhaps he was referrin' to the "search" for sexual pleasure.

=====  
=====

Re: I want to improve my life for good  
Posted by Shlomo24 - 01 Feb 2016 17:31

---

[cordnoy wrote on 01 Feb 2016 12:21:](#)

[Shlomo24 wrote on 01 Feb 2016 05:19:](#)

[pomodoro wrote on 31 Jan 2016 23:39:](#)

When will be the glory of the moment wherein we understand that the ecstasy, the heating and the search for sexual pleasure are such bad things for us...

It isn't "part of this world".

It isn't part of the purpose and function by which we live in this world.

Those who don't stick to this fact are condemned to live miserable on earth.

Sexual pleasure is very much part of "this world". The world kinda wouldn't exist without it. In my experience making sex bad just added to my shame. It did not keep me sober. There are a hell of a lot of good things about sex and sexual pleasure. My problem isn't sex, my problem is me. When I tell myself that sex is the problem I am merely delaying myself from recovering and just adding more crud the the dump-load I already have. I don't know where you are getting this from and even from a religious perspective there is nothing wrong with sexual pleasure. Although I didn't get a chosson shmooze, I'm pretty sure that it's supposed to be pleasurable.

Shlomo, I don't fully understand his English, but perhaps he was referrin' to the "search" for sexual pleasure.

Ok, if that is the case then I retract some of what I said. I will wait and see though.

=====  
=====

====

Re: I want to improve my life for good  
Posted by Workingguy - 01 Feb 2016 21:58

---

[Shlomo24 wrote on 01 Feb 2016 05:19:](#)

[pomodoro wrote on 31 Jan 2016 23:39:](#)

When will be the glory of the moment wherein we understand that the ecstasy, the heating and the search for sexual pleasure are such bad things for us...

It isn't "part of this world".

It isn't part of the purpose and function by which we live in this world.

Those who don't stick to this fact are condemned to live miserable on earth.

Sexual pleasure is very much part of "this world". The world kinda wouldn't exist without it. In my experience making sex bad just added to my shame. It did not keep me sober. There are a hell of a lot of good things about sex and sexual pleasure. My problem isn't sex, my problem is me. When I tell myself that sex is the problem I am merely delaying myself from recovering and just adding more crud the the dump-load I already have. I don't know where you are getting this from and even from a religious perspective there is nothing wrong with sexual pleasure. Although I didn't get a chosson shmooze, I'm pretty sure that it's supposed to be pleasurable.

Shlomo,

I actually have to agree with you to certain extent. Just because when I hear terms and speeches that sound like self negation, what are usually end up hearing people who are pressing very hard to push against their urges. It's been said that the Yetzer Hara is like a spring; if you push hard against it, it pushes right back. I wouldn't be questioning this if it was working for him, but I'm not hearing that. It almost sounds like a very Christian approach.

I also don't really understand what he wrote above about downloading pictures of beautiful but clothed women to look at their faces to know how to relate to them.

I'm not here to tell someone that their way can't be right for them, but right now I'm hearing something being shared that doesn't really seem to make sense and doesn't seem to be working.

=====  
=====

Re: I want to improve my life for good  
Posted by Shlomo24 - 01 Feb 2016 22:55

---

[Workingguy wrote on 01 Feb 2016 21:58:](#)

I also don't really understand what he wrote above about downloading pictures of beautiful but clothed women to look at their faces to know how to relate to them.

=====  
=====

Re: I want to improve my life for good  
Posted by pomodoro - 22 Feb 2016 10:57

---

Hello, I've made some needed changes in my signature.

You can take a look at it.

All in all, I hope to success in my struggle.

No doubt about it.

=====  
=====

I didn't even know he wrote that. If I did that with guys I wouldn't be sober for very long