

it's a problem because I can't fiscally stop
Posted by nabill - 12 Oct 2014 23:55

So basically I've been checking out the website rite after i finish every time. It's Sunday I'm still in bed and fell 2 times already. It's so sad because i dont have a day clean in so many years like literally i cant even go 12 hours with out it. The addiction for porn and mstbtion. Is so powerfull. More than girls sex and of that i have no interest. Only sitting on my cell phone. Its so weird because i dont even like watching it on my 50 inch tv screen only my phone. And unfortunately because of this I can't keep shabbat and holidays most of my life. Yes I feel like crap every timeso I go on gye.com read some good pointer but it ddoesnt help when it comes down to it. Odontknow. Yes I swear to god every time I finish that I'm never doing it again and then within the day it's over. Odontknow

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Re: it's a problem because I can't fiscally stop
Posted by John Watson - 13 Oct 2014 00:23

What you describe is quite extreme for GYE, but pretty mild for SA. Plenty of SA members have started from situation far far worse than what you describe, and I know several who are now decades clean.

I'm gonna go out on a limb and suggest you join SA as soon as possible. Just google 'sexaholics anonymous'.

Just a suggestion, the decision is yours.

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Re: it's a problem because I can't fiscally stop
Posted by dms1234 - 13 Oct 2014 00:24

What steps are you taking? Doing any reaching out? How are you trying to stop?

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Re: it's a problem because I can't fiscally stop
Posted by shomer bro - 13 Oct 2014 00:52

Rabbi Frand said in his speech at the Siyum Hashas, 8 years ago that in life, "It's never too late, it's never too little, and it's never enough". That is so applicable here. You may feel that no matter what you do, there's no change. But the truth is, that while you may not see any tangible fruits of your labor, know that every time you just try to resist the yetzer hara's pull, every second you say no and don't look, it brings you one step closer to the end goal. Every journey begins with a single step. There will be setbacks, but that's part of it. Dr. Watson gave a great idea of maybe joining an SA group. Reaching out is so important, and it's great that you've taken the initiative by posting here. Do you have filters on your phone? Maybe accountability software? If you don't I'd strongly suggest you download them ASAP because otherwise you're what Rashi describes as a child whose father feeds with good food and wine, and places a purse of many around the child's neck and places the child in front of a beis zonos. Who's to blame the child for acting then on his desires? My phone is also a big stumbling block for me. I have it set up with a child setting for the internet to block stuff. It's ok, and I really want to take the next step of getting something stronger. I know I should, but it's hard to let go of that tayvah. Alright, I will download k9 right now.

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Re: it's a problem because I can't fiscally stop
Posted by shomer bro - 13 Oct 2014 01:05

correction: i downloaded accountability software onto my phone

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Re: it's a problem because I can't fiscally stop
Posted by nabill - 13 Oct 2014 01:50

You guys are right. Besides swearing and praying not much other action. But i will look in to sa. But another thing is that it's kind of my whole environment I'm stuck in. It's like i feel that i need to get a new job. New freinds. N9 more casual girlfreinds. Break up with my business ess partner who's constantly pulling me to go to vegas and clubs.... basically bad environment s . So is this what i should do. Just break away.

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