

Visiting prostitutes

Posted by SimonConfused - 27 Jan 2016 23:42

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Has anyone had this problem? Paying for sexual acts via numerous websites etc??

I have this issue and I really gotta learn how to stop it

im 23, single in LA

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Re: Visiting prostitutes

Posted by markz - 27 Jan 2016 23:56

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Simon - we met before on another page of yours [HERE](#)

Have you checked out the GPS and Towing page in my signature yet?

There's a lot gye offers!!!

It's great you're here dealing with it younger than a lot of us!

Keep on Trucking!

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Re: Visiting prostitutes

Posted by Shlomo24 - 28 Jan 2016 01:26

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Welcome. Many people have had that problem.

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Re: Visiting prostitutes

Posted by bearman13 - 28 Jan 2016 08:02

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Hi Simon. I used to be affected with this problem. B"H I am so far doing well now. There are a lot of techniques that you can use to help you with your struggle. A lot of them are described on this site so you can look around to see what will help you.

I'll give you a few brief ones that helped me:

Firstly, realise that this struggle that we all have has two components - biological and psychological. To attack it you need to address both aspects.

**Biological** - This is because we are male and are physically attracted to sexuality. This is normal but in today's times we are bombarded with imagery and and ease of access and many of us fall into the trap or participating in damaging behaviour that conflicts with our Jewish values - both online and in real life. And then once we begin the activity it develops neural pathways in our brain and becomes a cycle. The more we do it the more it strengthens the neural pathways, and the more strengthened the neural pathways the more we want to do it!

To address these physical (biological) causes you need to use physical means. Above all else this means filters. You said "via numerous websites", how did you get to these websites? You're first focus should be to get filters and prevent yourself from accessing these sites. If you have easy access to unfiltered internet then you are at risk. I've used the K9 filter to great success - if you do set this up you may need someone to hold the password for you. There are contacts here who can do that for you, or a rabbi can help you out with that. I give passwords to my brother - B"H he has been respectful and never asked me explicitly why I need passwords but I tell him it's just to stop me wasting time on the internet and looking at stupid sites. Also every time you look at P\*\*\* it is strengthening those neural networks which can then G-d forbid lead to more serious activity. GYE has advice on our technological filters.

Other techniques include exercise / joining a gym - this has the benefit of making you physically tired and using up your spare time. So you have neither the time nor the energy to sin! I found this to be very beneficial for me. Oh, and it also has the added benefit of making you healthier so you live longer hehe:P . There is the question of seeing women at the gym and everyone has to decide for themselves what is better/worse. My guess is that since you're in living in LA

already inside the gym isn't much different from outside the gym anyway.

**Psychological** - There is usually a mental component to these addictions. Boredom, dissatisfaction with your life, unhappiness, other problems. These cause us pain and so to cover that pain we turn to P\*\*\* as it gives us some momentary relief from these unpleasant feelings. You'll need to face these issues.

I've gone to a psychotherapist which was very beneficial. But it was expensive and after about 4 or 5 sessions I got the main benefits of just being able to talk out loud about it. I probably would have continued it but would prefer a better qualified psychologist. Identifying and addressing these issues is most important. No easy task!

Other possible techniques that might help include writing regularly in a journal. This allows you to get things out of your head which makes them easier to handle. Also mindful meditation is an important one which scientists say if practiced regularly can actually lead to changes in your brain that help with self-control!

Those are some tips that I have used and had success with. Good luck! Know that there are lots of us working on these issues. With effort and diligence you will succeed!

Look around GYE as well, there are many people here with good advice.

Let me know if you want more information on anything I've mentioned here.

And look at how you can prevent yourself from easy access to unfiltered internet!!

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Re: Visiting prostitutes

Posted by Eyeglasses - 28 Jan 2016 17:34

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Oh Bashefer.

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Re: Visiting prostitutes

Posted by Eyeglasses - 28 Jan 2016 17:42

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Please install this one [www.meshimer.com/](http://www.meshimer.com/) plus web chaver.

K9 is junk.

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Re: Visiting prostitutes

Posted by Bigmoish - 28 Jan 2016 17:48

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Eyeglasses, he said it's working for him. Why are you bothering him?

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Re: Visiting prostitutes

Posted by Eyeglasses - 28 Jan 2016 17:56

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I'm referring to Simon only my friend. Sorry.

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Re: Visiting prostitutes

Posted by bearman13 - 28 Jan 2016 23:07

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No problem! It's all about finding what works for you. And persisting until you get there.

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Re: Visiting prostitutes

Posted by SimonConfused - 29 Jan 2016 00:54

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u are right...i do go to the gym because here in LA the pressure to stay fit and sexy is very strong

also, I still do find time but I am worried that when I am married, i wont be able to last long because I cant last long when im with these girls

thanks

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