

I would love to break free

Posted by TonyE - 19 Jun 2016 04:39

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Hi. Shalom. I am not Jewish, but I read Hebrew and speak a little. I am very impressed with your Web Site. It is the only realistic approach to helping others break free of porn addiction. I discovered it 2 months ago, and it helped me make a start. I thought at the time, "this is it", but I was kidding myself. The addiction is still there. I went for 31 days, then fell - another 8 days and fell again, and just yesterday, I fell again badly for the 3rd time. I know you guys know all about this, and much of what I have read has warned me it may happen this way, through the process of breaking free. I guess I feel so bad; so guilty; so enslaved; so in bondage. My wife supports me in trying to stay "clean", but she doesn't know the full depth of depravity I sink to. I tell some, but not all. It makes sense when you say - "stay out of isolation". I am not sure how that can be. I should say, to make this a million times worse, I am a minister of religion - what a joke. I cry often to the Lord - "according to Your loving kindness and tender mercy, have mercy upon me." Maybe you are my answer to this prayer for deliverance. Where do I go from here. Thank you.

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Re: I would love to break free

Posted by Watson - 19 Jun 2016 14:06

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I've heard many recovery talks from people who were religious ministers. No-one is immune from addiction and no-one is impervious to recovery. Best of luck on your journey.

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Re: I would love to break free

Posted by doingtshuva - 19 Jun 2016 14:09

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Hi tony,

Have you read the GYE Handbook? It's written in English.

You can find it in my signature.

Can you share a bit more about yourself? I mean your struggle.

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Re: I would love to break free  
Posted by mggsbms - 19 Jun 2016 18:09

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A beautiful share !

There is help for anyone around here. I must say your honesty is very refreshing. you're also very lucky they your wife is on board. Keep it up and with God's help you'll beat this one day at a time.

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Re: I would love to break free  
Posted by yiraishamaim - 19 Jun 2016 19:49

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TonyE

Unfortunately, the idea of preaching all day and lusting all night is all too common.

We truly don't want to partake in the filth but it overtakes us.

Of course it's no excuse because we must pursue any and all ways to break free.

You have taken the first intelligent and bold move.

With G-d's help you will succeed. After all failure cannot be an option.

All the Best!

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