

Need help!

Posted by Struggling24 - 11 Oct 2016 02:17

---

Hi,

So I'm single 22 probably have been masterbating and watching porn since I'm 16 almost every day and I never really believed it was real addiction till recently and I hear all these crazy stories about messing up marriages and stuff and I think maybe for the first time I actually didn't act out for like a week and I just broke it cuz it was so hard and now I realize that I have a real issue and I'm addicted and I really want to stop but I feel like nothing will ever help. I looked at the taphsic Idea and I don't think that will help either any ideas?

=====

Re: Need help!

Posted by Markz - 11 Oct 2016 02:36

---

Welcome brother

Yo, I started younger than you

No, taphsic isnt down my street or most others on the forum

Hope you get to meet Shlomo24 soon :-)

=====

Re: Need help!

Posted by Shlomo24 - 11 Oct 2016 19:30

---

I'm turning 21 on October 24th. Thanks for the shoutout bro. I have been in 12-step for 2 years and an addict since birth.

=====

Re: Need help!

Posted by 360gye - 13 Oct 2016 00:46

---

hey struggling24,

I am turning 21 in Dec. and have been watching porn since about 16. i think i can relate to your issue.

Keep posting and good luck,

360gye

=====

Re: Need help!

Posted by Struggling24 - 13 Oct 2016 02:59

---

Thanks for the support everyone! But what should I do next? What works??

=====

Re: Need help!

Posted by Markz - 13 Oct 2016 03:11

---

Each guy has different things that work for him.

Checkout the handbook. Here's a [summary](#)

=====

Re: Need help!

Posted by gibbor120 - 14 Oct 2016 18:39

---

Welcome! Start with the handbook. Check out "dov quotes" in my signature. There is a ton of material here. Start posting and getting to know the chevra.

=====

=====