

Addiction

Posted by Israel5555 - 30 Oct 2016 03:39

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Hi I'm addicted to porn for several years, wasting hours to a day, I'm 19 and started by 14 ,tried to quite a couple of, very depressed all day, can't stay in one place ,everything seams like a impossible task, I was in a very good yeshiva and quit, because of deppresion and anxiety, started studying in college, wasn't sure what to study, left the country where I lived, trying my luck in a different place ,still very confused about my identify, to go back to stay ect., feel lost

I need help thanks

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Re: Addiction

Posted by Moudmack - 30 Oct 2016 04:45

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The first step to curing addiction is admitting that you have a problem. Now you need to find ways to cure it. I advice you to use the tools, applying internet filters, getting chizuk from torah study or moral/mussar theirs also groups either in person or people you can call that can be a huge help. Make sure to use all the tools possible, its essential to safeguard yourself from this addiction and build as many walls that will prevent you from falling within it! You came to the perfect place make sure to come here frequently and learn from the people here. They really know what they are saying b'h.

It's also important to stay positive because depression is the realm of the evil inclination and this will not help your recovery. Don't beat yourself up for failing as long as you actively doing things to not fall back into the negative routine of sin. Behatslaha Rabbah! Theirs a bright future for those who can control themselves and i wish you only the best in your journey!

It would also be good to have more information and details about your situations and your triggers, also the step that you took or didnt take so people can guide you into the next step to

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Re: Addiction

Posted by Shlomo24 - 30 Oct 2016 06:13

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[Moudmack wrote on 30 Oct 2016 04:45:](#)

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MM: You are here for recovery and you are still in the very beginning. God willing, you will discover more and more about yourself as you go along this journey. However, for someone who is really looking for help, you seem to have all the answers! Why come here in the first place? Yes, that's a rhetorical question. But seriously, how do you know that the "advice" you're giving is sound? It's like someone trying to be a mechanic when all they know how to do is change their oil!

Israel: Welcome, may you have much Hatzlacha.

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Re: Addiction

Posted by serenity - 30 Oct 2016 10:21

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Welcome. Sounds like you have a lot going on. Take it easy and take a look around here.

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Re: Addiction

Posted by Watson - 30 Oct 2016 11:07

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Welcome Israel5555. There's lots of good advice on the forum. Keep reading, keep posting. We're all in this together.

None of us are experts. That's the beauty of it.

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Re: Addiction

Posted by cordnoy - 30 Oct 2016 12:25

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Welcome,

Any chance of speaking to a therapist or mentor (and saying the truth of course)?

B'hatzlachah

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Re: Addiction

Posted by gibbor120 - 31 Oct 2016 13:49

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Welcome! You have come to the right place. You have resources of information and encouragement. Keep posting and become part of the chevra. Talking to others can be extremely helpful. Is there someone in your life you can talk to about this?

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