

Internet addiction

Posted by Sharks - 20 Nov 2016 12:38

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I'm a 44 year old guy. Been married for nearly 16 years. Have 5 kids including a 2 month old baby girl. Prior to the last two kids being born my wife had 3 successive miscarriages. My daughter who is 13 and is our second oldest was diagnosed on the autistic spectrum at age 3. We have worked tirelessly to recover her. She has come a long way a Baruch HaShem but it has taken its toll on us. My wife also lost both her parents in the last few years. She is obviously an emotional wreck from all of us. The new baby has been a huge source of comfort to her. We've survived all of this but it made me feel like I need an escape. What originally attracted me to the internet was an addiction I developed to women's feet. From that it led me to full blown porn. There are times I can go a few days at a time without looking but I just can't break the cycle. I also do a lot of running which is a great source of therapy for me. If only I could break this horrible habit. I'm very respected by my peers and Would hate for this to destroy my life, my family and my reputation.

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Re: Internet addiction

Posted by Markz - 20 Nov 2016 15:40

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I was in the same cycle :-(

Welcome to the Fish club

Look out for a boat with 8000+ posts surf by soon :-)

And check the spoiler button below for good stuff

Hatzlacha

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Re: Internet addiction

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Posted by cordnoy - 20 Nov 2016 16:17

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Welcome,

Sorryl to hear all that.

Soundsl like you gotta find new habits.

B'hatzlachah

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Re: Internet addiction

Posted by serenity - 21 Nov 2016 02:21

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Thank you for that post. It's precious in ways that one day you will come to appreciate. Many of us share in your pain and many of us have found a solution.

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Re: Internet addiction

Posted by Meier - 21 Nov 2016 14:54

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Hi and welcome to your new hobby/release.

GYE beats porn by a long shot

im gonna write here from my own experience.

as long as I kept referring to porn as "my release" there was no way I was gonna break free.it took way to many falls and in my case as well a full term stillborn and a heartbroken wife for me to finally realize that for me to call watching porn/masturbating a "release" is a lie.

the proof was that at the same time I was "releasing" with porn

I smoked,I read,I enjoyed foods that I knew while I was eating them that they're bad for me, and I didn't have to hide or feel guilty while doing those things(quitting smoking is my next challenge)because "hey I'm releasing stress" wich made me realize that the porn wasn't a release I was using that reasoning to justify it to myself.

FYI.i still smoke and I rekindled my love of reading and I still eat bad (but oh so tasty)foods but I have never felt so "not guilty"

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Re: Internet addiction

Posted by Singularity - 22 Nov 2016 07:52

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[Meier wrote on 21 Nov 2016 14:54:](#)

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Never thought about it like that. If you keep considering acting out as a "release" then you'll be bound to it forever. Eye-opening.

Welcome Sharks! Rhymes with Markz. Stay for as long as well!

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Re: Internet addiction

Posted by Meier - 04 Dec 2016 03:48

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A gut vuch

we haven't heard from you in a while

How is everything?

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Re: Internet addiction

Posted by hopeful 1 - 04 Dec 2016 04:19

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hi , i am 36 year old with 3 kids and woman skin turn me on. i became hooked on porn and other sexual erotic movies with sex scenes.

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Re: Internet addiction

Posted by cordnoy - 04 Dec 2016 23:51

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[hopeful 1 wrote on 04 Dec 2016 04:19:](#)

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Welcome Mr hopeful,

WhatI have you done to overcome these things that you are hooked on?

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