

A mess

Posted by SteveGo - 15 May 2017 09:10

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Hi, I am 44 years old, french, and I started to watch porn at 12 years old, masturbation followed.

I was shy and porn build a wall between me and the others girls : it was really difficult to me to talk to them for i had too many dirty pictures in mind.

However, i was not able at that time to understand it was a problem.

Porn was a kind of refuge, the "best" way" to relax.

I was thinking that people were false, pigs in private, holding good looking masks in public.

With porn came tentations of pedophilia, homosexuality, and libertinism.

Fortunately, i definitely rejected pedophilia.

I became bisexual.

However, a little voice was telling me : "Remember Sodom and Gomorrhe, God hate that, this way

has no future".

At 27 years old, I finally decided to stop homosexuality and porn. I discovered that it was very difficult and that i was addicted.

I met a girl, married her, struggling against my addictions but they were too strong and they forced me to divorce. I was a that time 33 years old.

I reduced porn, homosexuality. Homosexuality is now ended (since 2015) and I hope soon porn will be.

Looking back, i think i was a boy (lonely, without sisters and brothers) with social and psychological problems who thank porn will be a solution to his uneasy feelings.

And, you know, NOT AT ALL.

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Re: A mess

Posted by Singularity - 15 May 2017 09:41

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Welcome to GYE.

Sorry to hear of your sad journey. And the divorce. That really sucks.

You say you're addicted. Are you using the term colloquially, or do you consider 12-step groups and SA meetings could be of help?

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Re: A mess

Posted by SteveGo - 15 May 2017 10:04

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Thank you for reading me and your response.

I think that groups and meetings are the best way to definitely quit porn.

Unfortunately, this kinds of groups/meetings are not many in my country (France) and concentrated in Paris (I'm from Reims) .

Maybe i should create it in my town, but i don't know exactly how.

"Addicted" is perhaps now a little stronger. I hope !

Now i'm on a diet (no sugar) and it seems to be efficient. Time will tell.

PS : My best time without porn : One month

Sorry for my english !

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Re: A mess

Posted by Singularity - 15 May 2017 10:18

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Look online, the SA and SAA websites have skype meetings as well.

Or how about you hop onto [GYE's conference calls?](#)

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Re: A mess

Posted by Trouble - 15 May 2017 12:19

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Welcome,

Your English is just as good as some of the Yankees on this site. Nothing to apologize for.

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Re: A mess

Posted by gibbor120 - 18 May 2017 21:50

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Welcome! What have you done to try and stop? Have you talked to anyone about it?

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Re: A mess

Posted by mikestruggling - 20 May 2017 20:53

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bienvenue! et comme on ca va?

mon francais est comme votre anglais mait je d'abrouille

ca c'est une tres bonne place ci tu peut lire des messages des autres sur le forum ce peut tu aider

il y a des hommes avec toutes sorte des problemes et se aide moi

il ne y a pas des problemes de plus grandes le Di-u va aider

on va voire

bon voyage

i hope i didn't just give my identity away

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Re: A mess

Posted by SteveGo - 22 May 2017 07:44

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Before to find what works for me, I tried :

- willpower
- prayers
- sport

I have talk about it to my second wife, she decided not to leave and asked me to go to the headshrinker.

I'm on a diet and i pray.

So, for me, the key of the success seems to be : friend(s) or lover who knows + prayers + diet + headshrinker.

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Re: A mess

Posted by Singularity - 22 May 2017 10:33

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headshrinker?

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Re: A mess

Posted by SteveGo - 22 May 2017 13:48

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psychiater

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Re: A mess

Posted by Hashem Help Me - 22 May 2017 21:44

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Welcome. Continued hatzlocha. You are in a good place here. Stay connected.

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Re: A mess

Posted by bb0212 - 23 May 2017 05:19

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Great to hear the good news. Keep it up!

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Re: A mess

Posted by TzedekChaim - 23 May 2017 13:36

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Welcome,

This is a very special place to have found, and I wish you much success in your journey. Good on your wife too for staying. I read an article on this site saying that wives who discovered their husbands addiction and both parties were willing to deal with it in a real way together had a much better outcome then other ways it could've gone. (if someone has the link to the full article that would be great.)

Best of luck,

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