

my struggle

Posted by moshe d. - 06 Jun 2017 23:41

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My struggle comes to a crash every 8-12 weeks some times even three full months go by and then a few late nights I fail hard, then starts the regret , kabalos and promises never again to view that stuff until I fall again I feel the yetzer Hora got really good at the game

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Re: my struggle

Posted by Markz - 07 Jun 2017 01:09

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I was in the same boat

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Re: my struggle

Posted by Hashem Help Me - 07 Jun 2017 11:29

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Welcome moshe. Iyh we will help you. Maybe write some more info so we can respond with advice and chizuk. Many here have been very successful. Usually its those that stay connected until breaking free. Hatzlocha.

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Re: my struggle

Posted by MayanHamisgaber - 07 Jun 2017 20:43

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I am still in the same bout

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Re: my struggle

Posted by moshe d. - 08 Jun 2017 23:28

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more details of which aspect? what I view, how often? what setting? or other details ???

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Re: my struggle

Posted by bb0212 - 09 Jun 2017 04:35

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[moshe d. wrote on 08 Jun 2017 23:28:](#)

more details of which aspect? what I view, how often? what setting? or other details ???

Welcome! HHM will have to answer for himself, but I think he meant anything that is encouraging your fall. While worrying it in a non triggering way.

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Re: my struggle

Posted by Hashem Help Me - 09 Jun 2017 11:22

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[moshe d. wrote on 08 Jun 2017 23:28:](#)

more details of which aspect? what I view, how often? what setting? or other details ???

The more you post, the more we can respond and share. What are the triggers? When are the most challenging times? Is the main issue viewing inappropriate sites or masturbating?

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Re: my struggle

Posted by moshe d. - 11 Jun 2017 02:50

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main problem viewing inappropriate images etc late in night

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