

My story

Posted by baruchstrong - 19 Jul 2017 20:57

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I was exposed to porn when I was probably 5 years old. My older brothers had stashes of magazines that I would find. I didn't start actively masturbating till I was around 11 or 12. I struggled with it for years. At one point after a lot of davening I guess, the crushing need to "act out" left me. It was like a miracle. By that time I'd become a food addict too. Now in middle age I'm obese and I have diabetes. I can usually stay away from hard porn and I think I'm fairly safe from that thank G-d. I have a filter on my computer at work and home. A big issue I have though is getting pulled into looking at practically naked women whose images pop-up on what are supposed to be "kosher" sites. I go to a news site and the images will either be there in the story or they will link to a story on a site that has these images. At this point I know which news sites generally have these types of pictures and I try to stay away. Usually when I'm angry or depressed I'll be pulled towards these sites more. It feels a bit like rebelling against Hashem because I'm angry with Him for giving me the lousy circumstances that made me angry and depressed to begin with. Today I did a search on the glycemic index for cantaloupe. sure enough a bunch of inappropriate diet ads popped up. Maybe I need some sort of ad-blocker?

i'm not a stranger to 12 Step programs as I've tried it on and off because of my eating. I actually have a copy of the Big Book sitting on my desk right now as I'm writing. It hasn't worked for me yet though.

Thanks for your attention.

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Re: My story

Posted by GrowStrong - 19 Jul 2017 21:31

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Use chrome

Block all images

Block all ads

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Re: My story

Posted by Markz - 19 Jul 2017 21:48

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Welcome baruch

If you're an OE addict 12 steps may help

If not a 20000 step program should do the trick

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Re: My story

Posted by dms1234 - 20 Jul 2017 02:59

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I actually have a copy of the Big Book sitting on my desk right now as I'm writing. It hasn't worked for me yet though.

What hasn't worked for you? The Big Book? In my experience, there is no magic potion and having the big book with me, even reading it isn't going to help me. I, as an addict, need a sponsor to take me through the big book and work the steps with me and have meetings to supplement

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Re: My story

Posted by Singularity - 20 Jul 2017 07:16

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[baruchstrong wrote on 19 Jul 2017 20:57:](#)

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Thanks for your attention.

It won't work for you. You must work it.

Welcome, brother.

I can relate to the overeating, but I don't think I'm addicted..

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Re: My story

Posted by getthere - 20 Jul 2017 10:52

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[baruchstrong wrote on 19 Jul 2017 20:57:](#)

Usually when I'm angry or depressed I'll be pulled towards these sites more. It feels a bit like rebelling against Hashem because I'm angry with Him for giving me the lousy circumstances that made me angry and depressed to begin with.

Welcome to the forum. In these situations i also used to get pulled to the non kosher sites, with time i started to find kosher sites that keep me busy, for example GYE there is so much to read

and to react on here and see that you are not the only one with this habit.

Good luck

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Re: My story

Posted by baruchstrong - 20 Jul 2017 16:53

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I want to thank all all of your for your welcome and encouragement. I think a lack of self love continues to lead me into trouble, Do any of you experience this and does the steps help with it?

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Re: My story

Posted by serenity - 20 Jul 2017 19:25

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Welcome Baruch. May you soon find the healing you desire.

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Re: My story

Posted by dms1234 - 20 Jul 2017 19:54

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Forsure I do! Bashing my self, telling my self i am worthless, useless, that i cant do anything, no one likes me. A lot of self pity on my situation. I have been swimming in that pool for a long time, Thank God, jut starting to get out. Its interesting too that a lot of that self bashing is subconscious too, those little messages that i send to myself daily that i am not worthy.

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Re: My story

Posted by belmont4175 - 20 Jul 2017 19:57

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[baruchstrong wrote on 20 Jul 2017 16:53:](#)

I want to thank all all of your for your welcome and encouragement. I think a lack of self love continues to lead me into trouble, Do any of you experience this and does the steps help with it?

Welcome!

If there is the willingness to work it, the steps work for us!

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Re: My story

Posted by gibbor120 - 24 Jul 2017 18:47

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Welcome! You seem to recognize the psycological underpinnings of addiction and of the things that trigger you emotionally. Have you ever seen a therapist? Do you have a good friend and/ora good rav that you can speak to?

What was your experience with the 12 steps? What exactly did you do?

Looking forward to hearing more from you. You may want to check out some of the links in my signature, specifically "dov quotes" and "dr Sorotzkin".

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