

Need to make a change after all these years

Posted by AviSim - 07 Aug 2017 17:02

My name is AviSim. I am 34 years old and have been struggling with viewing inappropriate materials and acting out since I was a preteen. In the past, I have wanted to stop the behaviors, but was afraid of letting them go; they were familiar and at times exciting. In the last year, however, I was married, divorced and finally started therapy aimed at changing these specific behaviors. Though I have attended therapy intermittently for the last 20+ years, this has been the first time directly focused on this particular issue. My therapist and I both agree that I could benefit (and benefit others, perhaps) by participating in a community support environment such as this one. Even though this is not my first time visiting the site or forums, it is my first time actively participating. I want and need to make a real change to repair and replace these behaviors with healthy and holy practices. BE"H this is the first step toward freedom from addiction and making real positive change.

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Re: Need to make a change after all these years

Posted by Shlomo24 - 07 Aug 2017 17:13

Thanks for sharing. Keep coming back.

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Re: Need to make a change after all these years

Posted by Markz - 07 Aug 2017 17:28

[AviSim wrote on 07 Aug 2017 17:02:](#)

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Sorry to hear all that

Freedom is here ;-)

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Re: Need to make a change after all these years
Posted by lomed - 07 Aug 2017 18:13

Welcome back Chaver,

They say that Einstein said that Sanity is doing the same thing over and over and expecting different results. You wrote a few years ago, about the same words. Obviously something will be different this time around if you want different results. So if you are comfortable please share with us, what will you be doing now differently from 3 years ago.

Please stick around with us and move lets move forward our road to recovery.

have a wonderful day.

Lomed

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Re: Need to make a change after all these years
Posted by gibbor120 - 08 Aug 2017 16:32

Welcome! I'm glad you are getting help. We are here for you. Keep posting.

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