

Hi

Posted by landmine - 27 Aug 2017 18:45

Hello Everybody,

?I don't think my story is unusual and I'm sure that the emotional cause for my addiction is similar to everyone else. I am addicted to the internet, not really to porn, although that does play a part. I am hooked to videos, tv series youtube etc. without anyway of stopping. It is really screwing up my life.

?I come from a typical yeshivahs background and I was a typical guy until age 21 when I had my first episode of bi-polar. From then I have not been on the yeshivahs conveyer belt. I got married at 23, and divorced almost straight away. (I prefer not to give too many details.) Since then I have been in Koller and then joined one of the top UK Universities.

My struggle with addiction: For year I have struggled with escapism on the internet. There has been some porn involved, but it's definitely not my main issue. I just watch movies and TV series all day long anything to help me escape. When I can't watch because it is out of my filter hours, or it is Shabbos I will read novels. these movies and novels are mind-numbing and ruining my life. I have had to take over a year out of university because of my addiction. It is eating up my life.

I want this post to be the start of my recovery, 1 step at a time. I'm off to a chavrusa now, see you guys later!

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Re: Hi

Posted by Markz - 27 Aug 2017 19:41

Welcome brother

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Re: Hi

Posted by landmine - 27 Aug 2017 19:55

thanks!

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Re: Hi

Posted by abd297 - 27 Aug 2017 20:14

Welcome. I can really relate to the mind numbing use of books and TV/ movies. I have dealt with that completely aside from the pornography aspect. I read a book that made me realize that both "addictions" can be coming from the same place. I speak only about my personal situation and can't speak for anyone else. Each person has to find out about themselves in the ways that works for them.

Whatever you choose to do, here or anywhere else, I wish you the best. Take a look around here and see what works for you.

Welcome again.

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