

I'm new here

Posted by david bowie - 31 Aug 2017 20:15

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I've been a drug addict since i was 15, and now I'm 35. i was sober and clean from drugs for 8 years. But this isnt the problem. (i mean, it is , but it isnt), it's just the mask for my real problem. sex addiction. or porn addiction. since i was 15, i was looking and watching porn on the internet, mainly same sex porn (M2M). I was covering this addiction with the substance addiction. 3 years into my substance and porn sobriety ( 1 year into my marriage) i slipped and started ). it wasn't so strong at the time because i would go months between looking. but then about 3 years ago i masturbated for the first time in almost 7 years, while i was on a live video chat with another person. since then I've been masturbating usually everyday. I cannot control myself. i am angrier, and have more of a temper than i did before. last year, i relapsed with my substance abuse. last week, my wife caught me with a substance, and i decided to stop the substances. its been very very very hard. but I'm pushing through. 2 nights ago i thought "Oh, ill just quickly look at that website again" then i slipped. then last night i slipped again. after i did it, i thought "What are you doing? why? " i need help through this right now. this morning i was crying and crying while i was driving to work, begging H' to help me. And then when i got home, i saw the ad for GYE.I'm very happy that I've found this site and all of you.

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~~watching~~ m2m porn again (while my new born daughter was sleeping in her crib

Re: I'm new here

Posted by Mesayin - 31 Aug 2017 20:22

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Hi David, Welcome.

I'm sorry to hear what you are going through, it's really painful.

I am 100% sure that the crying to Hashem will make a difference.

Please explore the site and all of it's tools and your journey to recovery begins.

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Re: I'm new here

Posted by Hashem Help Me - 31 Aug 2017 22:16

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Welcome. lyh you will have hatzlocha here. Stay connected.

Also, have you ever spoken with anyone about the issue? A rav? A therapist?

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Re: I'm new here

Posted by elul - 01 Sep 2017 00:46

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Wow!

Thats really tough.i happen to know others in the same boat.some have recovered.

i really feel for you.

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Re: I'm new here

Posted by elul - 05 Sep 2017 03:12

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Hey! what's doing?

any progress?

We all have our problems,but we really care.

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