

hello

Posted by shoimer88 - 01 Sep 2017 17:54

hello I grew up modern orthodox with access to all the garbage and became addicted to pornography. as I grew older I became much more frum and even chassidish, but have been living with these desires for many years. I started looking at stuff at around 15 years old and continued until I got married at age 22. at that point I was out of my house but still had desires at which point I began searching for ways to access it, which mainly included buying cheap smartphones from drug stores. I am 29 years old and still do this, throwing it out in disgust every few days or so, holding off for a few days or maybe a week, then buying it again and going through the same cycle. I don't know what to do to rid myself of this. help!

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Re: hello

Posted by Markz - 01 Sep 2017 18:22

Welcome!

This is the place ;-)

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Re: hello

Posted by bgit - 01 Sep 2017 20:25

Welcome!

You've definitely come to the right place. Take a look at guardyoureyes.com/breakingfree/first-time-here and see what works for you. The main thing for you to know right now is that you aren't alone in this and aren't a bad person. You fell, you're human, and were more or less forced into the situation that you're in (what was a 15 year old supposed to do). You can choose to change your life, and with the help of GYE you'll hopefully succeed!

Hatzlacha!

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Re: hello

Posted by Hashem Help Me - 03 Sep 2017 18:48

Welocome. It should be with hatzlocha. Very helpful people here.

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Re: hello

Posted by gibbor120 - 06 Sep 2017 21:09

Welcome! Your scenario is verry common. Check out the handbook. It has lots of great ideas. Keep posting. We are here for you.

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Re: hello

Posted by ShmaYisroel - 11 Sep 2017 04:32

A Gut Yohr to you shoimer88,

What you are describing is soooo familiar! I am 37 but I have this same struggle since I was 16. Every time is the last time. I am hopeful for the future though. Thanks for sharing!

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