

My Struggle

Posted by HazorimBedimah - 05 Sep 2017 08:53

Hi.

I'm 20 now, just finished 2 years in yeshiva and about to start college and I'm what you might call centrist orthodox. However, I have been struggling with pornography and everything that comes with it for over 5 years now. It has got gradually worse and worse until I've lost virtually all my guilt when I stumble. It has even led to me sin with other people. It has to stop. I have to stop. I have to be in control of my body and not the other way round. This is a landmark battle in my life and I will do my utmost best to stay clean.

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Re: My Struggle

Posted by dms1234 - 05 Sep 2017 21:45

Welcome.

Have you spoken to a therapist or a rebbe? In my experience opening up with a real live person was extremely helpful in jumpstarting my recovery and getting the support that i need to recovery and get better.

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Re: My Struggle

Posted by abd297 - 05 Sep 2017 21:56

Welcome. I'm the same age and in the same basic point in life.

I totally agree that a major part can be speaking to someone like a rebbi and or a therapist. It was a turning point for me.

Another thing in his although you call being here a landmark, you can't think this is "it", I'll finally be good now. It may be an integral part of getting help it is not "it". I found that placing my hope

in one situation or "landmark" brought me frustration multiple times. Especially being a perfectionist. I was really let down that I still fell after being on GYE or seeing a counselor. I have since changed my thinking. Now I see all the things I did and still do as pieces to the puzzle. All equally important but kind of useless alone.

Whatever you choose I wish you the best. Look around on the site and find something that speaks to you. See you around.

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Re: My Struggle

Posted by Hashem Help Me - 06 Sep 2017 03:57

Welcome. It should be with hatzlocha. Great move that you posted. You will meet good nice people who struggled like you and made it out. Stay in touch.

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Re: My Struggle

Posted by gibbor120 - 06 Sep 2017 17:43

Welcome! We all want to stop, and have tried to stop - some of us for decades. What are you going to do differently? Trying harder doesn't usually help that much. Inspiration is short-lived. There has to be some change. There is a lot to learn here. Check out the handbook. Check out the dov quotes. Keep posting.

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