

Addict and scared too stop

Posted by mystory - 13 Sep 2017 09:36

Hello

I am not even sure where to begin. I have been watching and viewing porn since I was around 13. I am now 40+.

I am married and have a number of kids. I am also on the Autism Spectrum. I am only mentioning it as it might be important.

I am a BT and I never went to Yeshiva but did take off some time before marriage to learn for about a year. My wife is also a BT.

When I was growing up, while all my friends would go to strip clubs and stuff I would not as I felt very uncomfortable with that scene and embarrassed, but I would look at my father's stack of Playboy magazines as well as get off to the images in the Sears Catalog. I would find that they would use the same model in different images from fully clothed to Bra and panties.

Later on when I lived by myself I would buy porn videos from the used bookstore.

I would also download off the internet.

I was able to go a period of time without viewing any porn when I was learning, but that's not an option anymore since I have a family to support.

My wife is a person who loves having sex. I do not. She can have sex a few times a day. I find it to be a chore. But part of the reason is of course because I masturbate, I don't really need her. I can get full pressure from it without having to give anything in return.

The problem is porn to me is like Viagra, in order for me to get interested in my wife and her high sex drive. I have to have it on my mind and the one thing I can do is view sexually related items. But then I go too far and it becomes full blown porn. So I am not sure where I stand on things as I am at the point where I need to be able to log on to Amazon and read/download their sexual stories but then I go one step further and start to find porn sites or better yet go to porn sites.

So not sure where I stand on things right now. But I thought I would just post an initial hello message.

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Re: Addict and scared too stop
Posted by mystory - 18 Oct 2017 09:00

So my wife and I had an argument last night.

She wanted to have sex.

I Did not.

Long form.

One of the ways for me to get interested in Sex is to get my juices flowing during the day. In the past i would ready stories, and sometimes masturbate but often would wait until i could be with my wife. But now that Im trying not to that. My interest in sex also goes down. This has happand in the past and is one of the large stumbling blocks that i am having.

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Re: Addict and scared too stop
Posted by Markz - 18 Oct 2017 10:47

[mystory wrote on 18 Oct 2017 09:00:](#)

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Oh no.

Do you see a marriage counselor?

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Re: Addict and scared too stop
Posted by mystory - 18 Oct 2017 15:46

We used to see one.

She stopped.

I kept on seeing the counselor a few more times but then I stopped.

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Re: Addict and scared too stop
Posted by gibbor120 - 18 Oct 2017 15:55

Is there anything your wife can do to "get your juices flowing?"

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Re: Addict and scared too stop
Posted by Markz - 18 Oct 2017 16:29

[gibbor120 wrote on 18 Oct 2017 15:55:](#)

Is there anything your wife can do to "get your juices flowing?"

Gibbor - are they not simply flowing the wrong direction, and its probably upto the man to change course

One other thing - sex is a bonding experience. It's highly probable that the less the wife is fulfilled, the more she may want intimacy, as it's the bond she's looking for - a mate - and she's not finding it easily at all.

And often the more sober the guy is, the bond improves - Make sense?

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Re: Addict and scared too stop
Posted by Hashem Help Me - 19 Oct 2017 11:08

[mystory wrote on 18 Oct 2017 09:00:](#)

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Hard to comment without knowing more info. Probably your wife wants intimacy. Why dont you give her that and if the "juices dont start flowing" skip the sex part? Probably it would be very wise to reach out and speak to someone about this situation.

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Re: Addict and scared too stop

Posted by gibbor120 - 23 Oct 2017 14:57

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Very possible.

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Re: Addict and scared too stop

Posted by gibbor120 - 23 Oct 2017 15:01

[Markz wrote on 18 Oct 2017 16:29:](#)

[gibbor120 wrote on 18 Oct 2017 15:55:](#)

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