

Hello

Posted by Pleasehelpme613 - 10 Oct 2017 02:28

Hello I am 23 and single. I've been struggling with shmirat enayim for 2-3 years now and I can't seem to stop where my eyes are looking.

whether in the streets or on the internet I seem to also fail in this area.

any suggestions?

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Re: Hello

Posted by LoveU,Hashem - 10 Oct 2017 02:55

Shalom Alichem, brother! This place has many good tools. First of all, posting and chatting with other members will definitely help. Especially when lust is knocking on your door. Ask the expert truckers..

I do not want to come across as intrusive, but most of the chavirim (including me) will say that they have struggled with porn and masturbation (and even worse) from 12-14 years old. So 2-3 years sounds like you have some sort of advantage. What happened 2-3 years ago? Also, depending on the level of severity, joining a SA meeting might be a good idea. So maybe you can elaborate on your condition.

Anyways, this place is great with many chavirim that will always be hear to lend an open ear, so welcome abroad! Chag Samech!

Yitz

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Re: Hello

Posted by Pleasehelpme613 - 10 Oct 2017 02:59

I'm honestly not sure what triggered this addiction. It's not an every day fall BH but around 3-5 times a month.

still thought I want to get married and need to conquer this flaw.

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Re: Hello

Posted by Markz - 10 Oct 2017 03:09

Welcome brother

i recommend starting with some dov calls - you can listen to recordings [here](#)

Start with his [dating screech](#)

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Re: Hello

Posted by LoveU,Hashem - 10 Oct 2017 03:33

Interesting. Soul searching is always a good idea.

It's not an every day fall BH

Don't take this lightly! you should thank Hashem every day for that!!

Did you try to filter your devices? It might help.

Also we have here an interesting tool called the taphsic method. you can check it out [here](#).

Maybe, only maybe, conquering your flaw shouldn't be your primary goal. At least for me, that would be impossible. Surviving the day? now that sounds more doable. Focus on today and today only. If you made it through clean, thank hashem and pray for the morrow. On day at a time.

I hope this helps and keep posting your journey and what helps you particularly. May hashem be in your way!

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Re: Hello

Posted by gibbor120 - 17 Oct 2017 14:11

Welcome! Check out the handbook. There is a lot of great material on this site to help you.

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