

hello

Posted by torah protects - 15 Oct 2017 23:28

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hello, I'm married and separated from my wife and I have an issue with pornography that must be addressed. a few years ago I had a serious issue of pornography and I overcame it. now I have a smaller issue and I don't think I would call myself addicted but it must be addressed. I am clean for 45 days and now I have no interest of going back. but the issue of pornography came from a difficult marriage and feeling down and having a very difficult time in all physical touch with my wife- she has no interest.therefore I want to address my issue so I will never ever go back to the bad sites no matter what situation and hardship I am going through.

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Re: hello

Posted by LoveU,Hashem - 16 Oct 2017 00:51

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Shalom, brother!

That must be a rough situation. Running away from the difficult situations in my life to the safe (& sweet) heaven of porn is my biggest problem. The more I run away, the bigger my problem gets. You may have experienced the same. There is a lot going on here; stick around, brother, and may Hashem be in your way!

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Re: hello

Posted by Markz - 16 Oct 2017 02:14

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Welcome TP

Sorry to hear your story

Keep us posted

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Re: hello

Posted by ColinColin - 16 Oct 2017 21:55

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Welcome.

This place can help.

I hope when the dust settles you can find a new wife.

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Re: hello

Posted by gibbor120 - 17 Oct 2017 14:06

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Welcome! What is your plan to address it? Have you read the handbook? Have you spoken to anyone about your problem? Check out the dov quotes link in my signature. There are lots of resources here.

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Re: hello

Posted by torah protects - 18 Oct 2017 15:54

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thank you for you advice I am going to a therapist and I am listening to the emails daily. but I will try to read the handbook, thanks again

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