

I want to finally overcome this

Posted by Thebattle - 16 Oct 2017 17:56

Hi All,

I would like to introduce myself,

I am 31 years old and a father of 4 BH. I have been viewing pornographic images and videos since I was 14 years old. My longest streak that I was clean was for 17 days. However I usually fall about once a week. I constantly feel like I am betraying my wife and kids with this obsession. At times I feel there is no hope for me and that I will forever be a slave to my temptations.

I sincerely want to be free and have singed up to start my 90 days yesterday... I hope I can make it. I have started the installation of gentech filtering software on my phone today.

Any advice or tips that anyone can offer, would be greatly appreciated.

Thanks,

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Re: I want to finally overcome this

Posted by 360gye - 16 Oct 2017 18:06

Accountability partners have helped me

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Re: I want to finally overcome this

Posted by Markz - 16 Oct 2017 18:13

Welcome to the club and may the battle proceed peacefully everafter

I was in your boat too and thanks to gye there's much GD sent sobriety to be shared all around ;-)

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Re: I want to finally overcome this
Posted by lomed - 16 Oct 2017 18:51

[Thebattle wrote on 16 Oct 2017 17:56:](#)

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Thanks,

Hi, and Welcome.

This is a big step to jump start your recovery. For me this was the beginning. BH I am now in a much better place than two and half years ago when i came here. I suggest you read the GYE Handbook. In addition it is recommended you should go through many threads on the forum including mine, where you can see how many are recovering from this.

Wishing you lots of Hatzlacha on your journey.

Lomed

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Re: I want to finally overcome this
Posted by gibbor120 - 17 Oct 2017 14:07

Welcome! Check out the handbook. Keep posting. I can totally relate. Your story is very common. Many have been helped here. Stick around.

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Re: I want to finally overcome this
Posted by Thebattle - 17 Oct 2017 14:57

Thank you all for your feedback.

I plan on visiting this site everyday.

How do I go about getting an accountability partner?

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Re: I want to finally overcome this
Posted by LoveU,Hashem - 17 Oct 2017 20:56

Shalom Brother and welcome abroad! You are in a good and warm place! stay around! just wanna wish you good luck on your journey! All I can say is that trying to overcome this is very intimidating to me! Way to much for me to handle! How about trying to stay clean for today??

May Hashem be in your way!!

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Re: I want to finally overcome this
Posted by Hashem Help Me - 18 Oct 2017 02:18

All the various things that GYE offers are helpful. I found my biggest help was speaking with

people. Keep posting. The chevra that stay connected, iyh get better. Welcome. Hatzlocha.

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