Help me!!
Posted by Fed - 08 Nov 2017 01:03

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Hi,

i am am married with two kids. I have recently become a bit addicted to very indecent movies and masterbating!

i have tried the 90 days program but every time the urge comes I just fall! I have put a filter on my phone. I have locked myself out of my iPad. I can't do more but I still fall!!

pls can I have some tools use when I get this urge! It is so so strong!!!

Please send all suggestions to fedhopeful@gmail.com

thanks in adance!

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Re: Help me!!
Posted by Markz - 08 Nov 2017 01:10

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Welcome brother

Hey slow down...

90 days isn't a program

Nor is Odaat

As cord said recently we gotta be taking action. There's no other way

Check my sig below for tried and tested ways, and you're ready to hit the road!

KEEP ON TRUCKING!!!

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Re: Help me!!
Posted by Hashem Help Me - 08 Nov 2017 05:08

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Welcome. You will iyh be helped here. Stay connected with the chevra by posting and reading.
Hatzlocha

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Re: Help me!!
Posted by ColinColin - 08 Nov 2017 20:34

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Try to work out why you have the urge.

Then work out ways to prevent triggers, and to "divert" the urge when it happens.

Try to see if there are relationship issues as well.

IS there a certain time or situation when the urge happens?

Being Hungry, Resentful, Lonely or Tired can all be triggers.

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Re: Help me!!
Posted by gibbor120 - 13 Nov 2017 20:00

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Welcome! How did you "recently become 'a bit' addicted"? Did you have any issues before you were married?

One important thing is to live in a way that you don't get those urges that frequently or that intensely. What are your triggers? You need to avoid getting to the point of "every time the urge comes". It comes from somewhere. Where does it come from? Lonliness, boredom, resentment, anger, or just a lack of shmiras aynayim and allowing yourself to fantasize.

Please elaborate.

Thanks!

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