

Breaking Chains

Posted by whitewolfshield33 - 28 Dec 2017 19:14

I am a porn addict.

I have been addicted over 10 years. I started when I was very young, and barely remember the first few times I looked at it. I have looked at all kinds of porn, and grew up in a system that taught us that it was healthy, and OK to look. I have recently given my life to G-d and now I am trying to break this one thing that has completely taken control of my life. Quitting has been hard so far, I have not been committed to it up to this point, but now I am giving my life to G-d and with G-d's help, the adversary will not stop me! I will be free from this evil, and I will never be bound by it again.

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Re: Breaking Chains

Posted by youcan - 28 Dec 2017 19:37

Welcome! You're on the right place..

It doesn't happen in one day but you'll get there iy"h.

Look around & find what works for you & get to work...

Good luck on your journey!

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Re: Breaking Chains

Posted by Markz - 28 Dec 2017 19:57

Hi WWS33 welcome to the illustrious club ;-)

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Re: Breaking Chains

Posted by serenity - 28 Dec 2017 20:56

Welcometo GYE and the forum. Thank you for sharing. You write that you are addicted to porn and that it has completely taken over your life. You mention that you grew up in a system that taught it was healthy. To compare to alcohol, there is medical evidence that alcohol is healthy. Some chassidus has alcohol as a basic and even essential part of their practices. Torah encourages alcohol at times such as kiddush, Pesach and Purim for example. I came to learn that for me any amount of alcohol is unhealthy and in fact dangerous. It is assur for me to drink alcohol for the 4 cups. The way I was using alcohol was not healthy or the way in which Torah intended it. Therefore I don't drink alcohol any more, even when Torah would say it's a mitzvah for a healthy person. The way you are describing your porn use sounds like it would be considered unhealthy by any standards. Whether it is evil or not is perhaps of no consequence for you. For me even if porn was considered kosher and even a mitzvah I would not be able to watch it. Therefore I don't watch porn and haven't watched porn in over three years. There is no benefit in it for me and it is unhealthy for me. There is no requirement for me or any of us to watch porn. The fact for many of us is that we still retain a the thought that it's okay for me to watch porn. Other people do it with impunity and they even say it's healthy, so why can't I. We still reserve that thought that we are like them, it's just that we found religion and have to stop for that reason. "The delusion that we are like

other people, or presently may be, has to be smashed." AA Big Book. That is the first step for an addict in recovery.

According to Harvey of SA, this is one of the main reasons many frum addicts have such a hard time in recovery. We look at porn and masturbation as a sin for us and not as illness. Once again we are talking about addicts here. We aren't using addiction as an excuse, but just the opposite. Addiction is an illness and unless we are insane we aren't going to keep making ourselves sicker.

The next problem for me and others like me is that when you take away the alcohol and porn things don't get better they get worse. I was using alcohol and porn to self medicate and escape from depression, irritability, restlessness, hopelessness, anxiety and discontent. I had to develop a new way of living and thinking and had to find a program of recovery and a new way of living.

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Re: Breaking Chains

Posted by Hashem Help Me - 28 Dec 2017 21:11

Welcome. It should be with hatzlocha.

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Re: Breaking Chains

Posted by MayanHamisgaber - 28 Dec 2017 21:27

Welcome

You did the first step now how will you proceed?

Much success in all your endeavors

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Re: Breaking Chains

Posted by gibbor120 - 09 Jan 2018 17:18

Welcome! You sound very committed. Keep posting.

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