

intro

Posted by Readytobefree - 19 Feb 2018 09:57

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Hi everyone.

I just cannot wait to get free from porn and masturbation. I've had this secret double life for too long, which is too embarrassing and too sad. I've just had enough of it. Today I did 1 day of "stop". I got that idea from the GYE handbook thing - where you cannot get rid of the past and cannot control the future but just commit to 1 day of not doing porn or masturbating. I really like the idea of not thinking about tomorrow but just today.

I've tried to break this addiction by myself before... and failed. The longest I went clean was for around 90 days, but then I went back into doing it.

I started viewing inappropriate content online so long ago I found it hard to estimate how long I have been addicted for, but I think its between 10 to 13 years. It has been so dumb. I want a better life. This is such a time for sobriety and clear sight. I now see that I thought I was just dabbling around with online porn, but I have a full addiction.

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Re: intro

Posted by Singularity - 19 Feb 2018 12:41

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welcome!

You say you are an addict? Have you tried 12 steps?

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Re: intro

Posted by lifebound - 19 Feb 2018 17:10

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Hello and welcome!

Keep posting, stick around and with Hashem's help you will be on the way towards your better life

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Re: intro

Posted by Hashem Help Me - 19 Feb 2018 21:51

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Welcome. You have come to a good place where iyh you will break free. The secret is to stay connected. Keep posting and accept help from the chevra here when its offered.

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Re: intro

Posted by i-man - 20 Feb 2018 04:45

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Welcome and hatzlacha !

iy'H if you stick around it will be a lifechanger

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Re: intro

Posted by ieeyc - 20 Feb 2018 04:58

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hi ready to be free,hatzlacha , keep on posting ,bezras Hashem your life is going to change so much for the better!maybe itll help to tell your story a little more detailed ?no pressure, but it does help unloading.keep in touch!

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Re: intro

Posted by bb0212 - 20 Feb 2018 06:41

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[Readytobefree](#), welcome to the forums! Even though a bunch of posters just posted this, I'll reiterate: come back, keep posting. Not for anybody else (although it will in all likelihood inspire others), but for yourself. This allows you to connect with this part of you and identify what your challenges are. Good luck!

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Re: intro

Posted by gibbor120 - 22 Feb 2018 20:09

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Welcome! Check out the handbook. Keep posting. You are not alone.

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