

I think I am a sex addict

Posted by Readytostop613 - 13 Mar 2018 19:39

I am struggling with denial. I have a hard time separating what's normal guy behavior and what's considered an addiction.

I am probably an addict because I masturbate and look at porn a lot and especially to cope with depression. I always feel guilty after since that's not what a frum yid should act. I live 2 life's one frum and the other chasing my sexual desires. This causes a lot of stress and guilt as well

I used to go out and get drunk at bars so I can hit On girls and act out sexually. I couldn't do it sober since t goes against my moral beliefs. My therapist is convinced I am a sex addict. I stopped drinking a while ago but still look at porn and masturbate. As I am writing this I think more and more that I am a sex addict. Looking forward to recovery and sanity. Thanks for all of your help. To embarrassed to go to an actual sex annonomous meeting. 2 days clean:)

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Re: I think I am a sex addict

Posted by gibbor120 - 19 Mar 2018 15:40

Welcome! How is it going with your therapist? Are you making progress? What type of work are you doing with your therapist?

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Re: I think I am a sex addict

Posted by ieeyc - 21 Mar 2018 02:09

[Yerushalmi wrote on 17 Mar 2018 18:33:](#)

I think that I opened up a sore topic for some, so I will explain what I meant.

For some people having a label or a diagnosis place on them is an excuse that allows them to continue their misbehavior. I can't stop watching porn, because I am an addict. I can't fix myself, because I am an addict.

For some people a proper label or diagnosis is just the thing that they need to spur them into action!

Ready to Stop, whatever tactic works for you, is the one that you should choose. If you can stop this behavior without your ever having gotten a clear answer if you are an addict or not, does that not render the question moot? You are going to a therapist, and that is absolutely heading in the right direction. Eventually, you will have to stop your acting out. If you have the tools at your disposal to do that, then do it. I don't think that there is a need to overly focus on the technical definition of an addict and if it applies to you, The main thing is to stop. If you can do that, then whether or not you were once an addict isn't really important!

The encouragement of the group here, is also a very powerful tool at your disposal. Post whenever you feel down, a weakening, or in need of inspiration. If you find it hard to open up (like I do), then send private messages to people (also what I do).

Keep up the good work. Be prepared psychologically for a hard fight, but it's a very winnable fight!

wheres that 5 karma button?!

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Re: I think I am a sex addict

Posted by ayidel - 22 Mar 2018 15:44

A reason yes to figure out if you are an addict

since doing certain treatments can be extreamlly hard and uncomfortable such as going to

a SA group starting that there is a great fear of being discovered of trying something new and not knowing how the future will work out so the natural tendency would be to procrastinate thinking i will manage it doing one thing or the other only once you will fully understand that its not in my hands and there is no way i'll get out of this by myself will you be able to break out of the fear to go ahead and do whats right

Not saying this is your case but certainlly if he allready got a diagnosis why would it be important to second it

much succes in your way forward

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