

In need of help

Posted by Barnetfc1 - 29 Mar 2018 19:43

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hello I live in London, UK. I have been going through a huge long struggle and I really need help. I have been masturbating and viewing pornography for the best part of two decades. I have been wanting to stop for moral as well as religious reasons. I can sometimes go through periods of not doing it but the temptation always comes back and gets the better of me. I am 37 years old and been trying to get married for around 15 years. There is no excuse for what I do, but the struggle and lack of success makes it that much harder to get over my porn addiction. I find if I date someone, once a girl dumps me (which happens quite often) I go straight back to viewing pornography.

it has taken me a long time to realise this, but given the fact I have been doing this for so long, I now see it is almost impossible for me to stop without help.

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Re: In need of help

Posted by YeshivaGuy - 20 Dec 2020 18:50

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[Hashem Help Me wrote on 02 Apr 2018 01:58:](#)

Welcome. It should be with hatzlocha. Many of us here went through what you describe and BH got better. Stay connected and iyh you will do well too. There are alot of suceessful members in the UK. If you are willing to meet, they will give you the opportunity to meet real people who have graduated and help you realize you can do it too.

Also a good idea

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Re: In need of help

Posted by Barnetfc1 - 20 Dec 2020 20:23

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Thanks very much. Looks like you are doing well. I am hoping for the best for you. Keep it up.

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Re: In need of help

Posted by YeshivaGuy - 28 Dec 2020 00:13

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Were u able to get ahold of Dov?

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Re: In need of help

Posted by Barnettfc1 - 31 Dec 2020 16:12

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I have been in touch with Hashem Help Me. Not contacted Dov yet, but hope to do so.

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