

Hello

Posted by mburns - 10 Jan 2019 16:12

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I have struggled with my addiction for years.I usually "handle things" 3-7 times a day.There's just so much variety out there that its hard to avoid it.I look at all kinds too,not just women.I could really use some support,if anyone wants to talk by email?Please email me your story:

[mburns.ship@gmail.com](mailto:mburns.ship@gmail.com)

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Re: Hello

Posted by Chever-ihr - 10 Jan 2019 16:23

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I just posted my story a day or two ago. Click my username

hatzlacha!

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Re: Hello

Posted by ColinColin - 10 Jan 2019 23:06

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Hello mburns.

By having such an intense "regime", are you avoiding depression, emotional lows and boredom.

Or is it just a frenzy of lust?

Try to aim for a *calmer* mind.

REPLACE the porn/masturbation with more substantial activities

Walking

Reading

Paiting

Meeting friends

Learning

Studying

Praying

Cooking or fixing up something round the house

Even visting the sick and elderly

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Re: Hello

Posted by gibbor120 - 15 Jan 2019 18:50

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Welcome! Check out the handbook. Keep posting.

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