

Trying to break free from pornography

Posted by Davej - 19 Jan 2020 22:14

Hi I'm am 28 years old divorced and trying to break free from pornography I tried sa and only committed to it for 6 months.

anyone have any ideas how to break free.

I have a filter but you can get apps that bypass the filter.

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Re: Trying to break free from pornography

Posted by Mark18 - 19 Jan 2020 23:05

[Davej wrote on 19 Jan 2020 22:14:](#)

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Im married but that didnt help the pornography and masturbation issue. Feel free to pm me but i have found reviewing the gye handbook and other publications numerous times as well as the sa white book. I know its incredibly hard to stay clean form pornography and masturbation when youre in your 20s with no other sexual outlet. Ive been there. Its even more difficult when youve been sexually active. Ive been there too. What i have also found to be a real hatzalah is connecting with a partner on the gye website. A have a partner in england and one in california who i speak with often and who have brought me back from falling big time on many occasions. Once again no pressure but if you would like to be in direct contact please feel free to pm me. Keep strong our brother.

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Re: Trying to break free from pornography

Posted by DavidT - 19 Jan 2020 23:06

[Davej wrote on 19 Jan 2020 22:14:](#)

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The yetzer hara sparks feelings of desire. He tells us we want something and really need it. But all his claims are lies. The yetzer hara tries to make us think we can't be happy without his wares, and he tells us that if we get it, our lives will be amazing. He peddles cheap pleasure and empty thrills as the greatest experience based on the faulty logic that it must be incredible if we want it so badly. But as we know, the strength of the desire does not correlate with the pleasure or its lasting effects.

Reb shlomo zeviller once told someone that if he sees he's going to fall thru with a sin, he should at least push it off for a bit... and the reward for the delay is so great.... every tiny effort counts and adds up to eventually lead to full recovery...

The one thing that seems to help most people is having a good accountability partner.. see below

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