

My last option

Posted by JJ8721 - 13 Apr 2020 10:26

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I really don't know what to do anymore, I'm losing hope. Let me back up a little. I am a single 20 yr old guy and I've been struggling with porn and masturbation since i can remember. Probably like 11 or 12. It got worse once i got a phone, and I've tried reading books and seforim on shmiras einayim, but to no avail. I've installed filters in my phone but already find a way around them. I would get rid of my phone if i didn't need it so much. I even joined the nofap anti porn website, but it didn't help. I recently discovered this website and I'm reaching out for help-i don't know what else to do! I masturbate for hours and it ruins my spiritual connection not to even mention my daily schedule. I feel like my life is slowly falling apart...

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Re: My last option

Posted by JJ8721 - 26 Nov 2020 11:02

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I think that i should clarify my last post. When i wrote that i was trying to stay distracted on that post that you originally asked about, i meant that i was keeping busy to avoid empty time where i might revert to bad habits. I agree that distracting yourself from urges but diverting your attention elsewhere is more than a long term solution.

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