

Introducing myself

Posted by albertc123 - 02 Mar 2021 16:30

Hello:

I am a first time poster here. I live in a frum community and have been struggling with viewing porn for a long time. In the past 6 months I have limited myself to looking at innapropriate things but have stopped short of real porn. More recently I have stayed away from innapropriate images (for about 10 days) It's been very difficult for me and in my despair I have turned to this website/forum. I hope I can overcome this problem.

=====
=====

Re: Introducing myself

Posted by wilnevergiveup - 02 Mar 2021 17:56

You sure sound like you are on the right track.

Kuddos for coming here and posting. May you have much success on your journey.

All the best,

Wilnevergiveup

=====
=====

Re: Introducing myself

Posted by happyid - 02 Mar 2021 18:34

[albertc123 wrote on 02 Mar 2021 16:30:](#)

Hello:

I am a first time poster here. I live in a frum community and have been struggling with viewing porn for a long time. In the past 6 months I have limited myself to looking at innapropriate things but have stopped short of real porn. More recently I have stayed away from inappropriate images (for about 10 days) It's been very difficult for me and in my despair I have turned to this website/forum. I hope I can overcome this problem.

Welcome aboard!

Keep on posting, it helps you and the person reading it.

Hatzlacha on your journey!

=====
=====

Re: Introducing myself
Posted by Lou - 02 Mar 2021 22:26

Welcome!

You came to the right place. We all understand what you are going through. Read though the forum. There are some real gems with great ideas that may resonate with you. In general keep on posting and stick around here.

Hatzlocha!

=====
=====

Re: Introducing myself
Posted by EvedHashem1836 - 03 Mar 2021 02:23

Welcome Reb Yid!

Just know that the fact that you are on here at all already says so much about you that you are devoted to overcoming this struggle and we are all with you every step of the way! Power through!!

Wishing much hatzlocha,

EvedHashem

=====
=====

Re: Introducing myself

Posted by Captain - 03 Mar 2021 14:07

Welcome Albertc123,

Check out these great free resources:

Great ebook for breaking free:

The Battle of the Generation guardyoureyes.com/ebooks/item/the-battle-of-the-generation.

Rabbi Shafier's incredible lectures on breaking free:

theshmuz.com/series/the-fight/

=====
=====

Re: Introducing myself

Posted by albertc123 - 03 Mar 2021 14:38

Thanks to everybody for the responses. I am wondering about any connection between childhood trauma and this problem of being drawn to inappropriate images and porn.

=====
=====

Re: Introducing myself

Posted by bego - 03 Mar 2021 15:41

[albertc123 wrote on 02 Mar 2021 16:30:](#)

Hello:

I am a first time poster here. I live in a frum community and have been struggling with viewing porn for a long time. In the past 6 months I have limited myself to looking at innapropriate things but have stopped short of real porn. More recently I have stayed away from inappropriate images (for about 10 days) It's been very difficult for me and in my despair I have turned to this website/forum. I hope I can overcome this problem.

What do you mean despair? Do you mean you're despairing of ever succeeding? Or despair because it's so hard and you surprised it is so hard? or maybe they are the same.

I've never tried drugs, so can't compare to them, but think of this: along with eating, this is the most difficult drug to control in the world. You are encouraged to have a little, but not too much (putting aside the usual GYE debates, Imaaseh we're supposed to devote our yetzer hora to our wives, but that doesn't mean getting rid of it) which makes it really hard.

Be strong, we've all been there and unless you are an addict (another big GYE topic) you'll have ups and downs, but hopefully in time, mainly ups.

=====
=====