

'The Song That Never Ends'

Posted by TikkunHaNefesh - 10 Apr 2022 19:39

Shalom aleichem -

I am a 45 year old divorced male with a pornography addiction that has developed its course from light to now full blown out of control, for the past 26 years. This addiction has literally destroyed my soul and has compromised my Torah observance significantly.

The good news is that I have finally admitted to my immediate family that I have this addiction and how bad it has become. To say that was difficult and humiliating in itself is an understatement. I have also sought out professional help for MDD (major depression), GAD (anxiety), and addiction.

My goal through this forum is to seek a supportive online community which will help me navigate through the hopeful closing out of this disastrous addiction and help me achieve the lifestyle I've always dreamed of; that of shomer Torah u'mitzvos.

Thank you.

=====

Re: 'The Song That Never Ends'

Posted by DavidT - 10 Apr 2022 19:46

[TikkunHaNefesh wrote on 10 Apr 2022 19:39:](#)

Shalom aleichem -

I am a 45 year old divorced male with a pornography addiction that has developed its course from light to now full blown out of control, for the past 26 years. This addiction has literally destroyed my soul and has compromised my Torah observance significantly.

The good news is that I have finally admitted to my immediate family that I have this addiction and how bad it has become. To say that was difficult and humiliating in itself is an understatement. I have also sought out professional help for MDD (major depression), GAD (anxiety), and addiction.

My goal through this forum is to seek a supportive online community which will help me navigate through the hopeful closing out of this disastrous addiction and help me achieve the lifestyle I've always dreamed of; that of shomer Torah u'mitzvos.

Thank you.

Welcome!

Congratulations on taking this courageous step.

We're here as a family to heal each other and with the help of Hashem you'll be able to get clarity and win this struggle very soon.

I'll start with onle tip:

The world is full of temptations. If we want to hold on to lust, we will have **endless** opportunities to continue lusting at every turn. We will be fighting a losing battle of Shemiras Ainayim by constantly trying not to look at things that we **do** want to look at so badly. Instead, **the real trick** to success is to learn how to let go of the lusting altogether. Instead of fighting it head-on, we need to simply **let go of it**.

=====
=====

Re: 'The Song That Never Ends'

Posted by Hakolhevel - 11 Apr 2022 04:18

Oh hi, welcome.

I came here looking for lamb chops, I guess korbam pesach is around the corner

=====

=====

Re: 'The Song That Never Ends'

Posted by Bilaam Harasha to Yosef Hatzaddik - 11 Apr 2022 12:47

Welcome! You have definitely found the right place for what your looking for. If you also want to look for an online partner in addition to the online community, the Partner Program of GYE is something you should definitely look into also. They'll be able to give you much more support and at a much more personal level having overcome this struggle themselves. Wishing you much hatzalacha on your journey.

=====

=====

Re: 'The Song That Never Ends'

Posted by TikkunHaNefesh - 12 Apr 2022 17:06

Welcome!

Congratulations on taking this courageous step.

We're here as a family to heal each other and with the help of Hashem you'll be able to get clarity and win this struggle very soon.

I'll start with onle tip:

The world is full of temptations. If we want to hold on to lust, we will have endless opportunities to continue lusting at every turn. We will be fighting a losing battle of Shemiras Ainayim by constantly trying not to look at things that we do want to look at so badly. Instead, the real trick to success is to learn how to let go of the lusting altogether. Instead of fighting it head-on,

we need to simply let go of it.

And that is the challenge - letting go of it. I am currently reading "The Battle of the Generation" with the hopes of gaining more insight. I am also here with the hopes of gaining tips or insight on how to let go.

Yes, the more I try to abstain from looking at un-kosher images, the harder it is to kick the demon.

This is very important to me because this demon has destroyed almost every inch of Yiddishkeit I had inside of me. I refuse to let it destroy my soul totally.

Once again, thank you for your reply.

?? ??? ?????

=====

Re: 'The Song That Never Ends'
Posted by TikkunHaNefesh - 12 Apr 2022 17:09

[Bilaam Harasha to Yosef Hatzaddik wrote on 11 Apr 2022 12:47:](#)

Welcome! You have definitely found the right place for what your looking for. If you also want to look for an online partner in addition to the online community, the Partner Program of GYE is something you should definitely look into also. They'll be able to give you much more support and at a much more personal level having overcome this struggle themselves. Wishing you much hatzalacha on your journey.

I plan to look into the partner program as I need to have an additional source of accountability. Thank you for your reply and well wishes to you as well.

?? ??? ?????

=====
=====

Re: 'The Song That Never Ends'

Posted by Shtarkandemotional - 12 Apr 2022 18:06

Check out the links below in my signature. You may find them very insightful. One of them is a self talk method that has helped many... And of them is lots of insight that can help anyone and any stage. Hatzlacha!

=====
=====

Re: 'The Song That Never Ends'

Posted by TikkunHaNefesh - 13 Apr 2022 03:38

[Shtarkandemotional wrote on 12 Apr 2022 18:06:](#)

Check out the links below in my signature.

I took a look at the self talk option. I love the statements that were presented and I would like to

devote some time to saying them. Thanks for sending those links!

?? ??? ????

=====
=====

Re: 'The Song That Never Ends'

Posted by Shtarkandemotional - 13 Apr 2022 04:22

[TikkunHaNefesh wrote on 13 Apr 2022 03:38:](#)

[Shtarkandemotional wrote on 12 Apr 2022 18:06:](#)

Check out the links below in my signature.

I took a look at the self talk option. I love the statements that were presented and I would like to devote some time to saying them. Thanks for sending those links!

?? ??? ????

Ty! Additionally, if you'd like you may find the insight very helpful! It's the last link in the signature.

=====
=====