

Need help ungluing from Porn and masturbation

Posted by joe26 - 07 Jun 2022 21:41

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My Story -

1. I am 42years old, struggling for 20 years with masturbation
  
2. Looking at pictures on the internet which are arousing. I'll cruise through pictures 4-5 times a week and masturbate 1-2 /week
  
3. OCD, causes me to get stuck. I've been in therapy for that and I'm on medication which has been very helpful – – but I do believe that that has something to do with me acting out sexually. Always thinking of nude ladies
  
4. Relations with my wife are much less satisfying than masturbating which I'm looking to switch around please.

I am new to GYE as of three months ago and would like to connect with a mentor who can identify with my struggle and help me with it.

Thank You

JOE26

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Re: Need help ungluing from Porn and masturbation  
Posted by frank.lee - 08 Jun 2022 07:00

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Welcome @joe26!

This is a great place to get help, realize that you are a great person who is normal, healthy and has challenges.

There are many options and ways for you to grow stronger here and many great mentors, hopefully some already reached out!

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Re: Need help ungluing from Porn and masturbation  
Posted by Captain - 08 Jun 2022 13:15

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Welcome! Please check out these great free resources:

ebook- The Battle of the Generation

Audio series- The Fight

They're very good to start with.

See below in my signature for the links.

?Hatzlocha!

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Re: Need help ungluing from Porn and masturbation  
Posted by Bilaam Harasha to Yosef Hatzaddik - 08 Jun 2022 14:18

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Welcome! You have probably already had mentors reach out to you but if you don't know about it already you can join GYE's partner program and over there you'll see a detailed description of the mentors available and their background and the strategies they may use to help you with this struggle.

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