

Will I ever be loyal?

Posted by Gyejackj - 14 Aug 2022 18:37

Hi, I just joined the program, im not sure that here is the rught place for this questions

I would like to know if this program is only for p&m or also for someone that is much more deep in the situation, the p&m is only a part of the issue, the main issue is that I once went to a massage parlor, and the rest is history, I can go on for few weeks without even thinking of going to a massage, but once I remind myself about this momentarily pleasure, something is starting urge in my mind, and I can't stop of thinking about it until I actually go to the massage parlor, but in the beginning I just did the minor stuff, but after getting used to it I went to the next level of actually....., so I was wondering if this program is only for level 1 of just p&m or I still have hope? Please help me,

Somehow i feel that I'm the only person struggling with that, I know that p&m is something that a lot of people are struggling, but to actually end up with other women is something that I feel I'm the only chasidic jew struggling,

Thanks a million

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Re: Will I ever be loyal?

Posted by Happy Guy - 14 Aug 2022 19:18

Hi Yankel which I guess is your name but it's not really important

I read your post with great concern. Actually more than concern. Fear, really.

You are a ?????????? ???, you have family and friends.

You have to realize that to go to a ???? (and I'm completely ignoring the ???????? issue) is a danger that can lead to an unspeakable result.

If you are found out, your life is finished. Your family will have nothing to do with you. Your wife will likely divorce you, and even if not, life with her will never be the same.

Your will not be able to face your parents, your siblings, your in-laws, your children. When your walk into shul (if you will be able to do that at all) you will feel everyone's gaze and you will not be able to look anyone in the face.

Your co-workers, your neighbors, everyone will know. You will realize that and run away from any interaction with them - assuming they will talk to you

Your will need to run run run away, but where will you go? The world is not big enough for you to find a place to go.

This behavior is leading to a ?????? ?????? . It's leading in the direction of destroying your life. Right now your are able to put it behind you, but once ?? ?????? your are found out you will wish you were dead.

Yes.

Stop while your can.

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Re: Will I ever be loyal?

Posted by Avrohom - 14 Aug 2022 19:35

Welcome! Yes, you've come to the right place - there are many people here who have been in your shoes and B"H have gone through recovery and are doing very nicely. This is a place where you can expect to find warmth, encouragement, support and lots of information.

That being said, many people who's issues include more than pornography and masturbation need more - likely including a 12-step SA program. Many guys who do well in 12-step programs are also active members on GYE and benefit from both. I'm not familiar enough with those programs to know for sure - but there should be people here or perhaps by calling RELIEF that can help you.

Have you ever tried SA or other therapy?

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Re: Will I ever be loyal?

Posted by Gyejackj - 14 Aug 2022 19:35

You are 100% right, and that's the reason I'm here, I want to stop, and I want to have a real relationship and a good life,

but my question is if there is still hope? If this program will help me with this struggle or this program is only for p&m? Em I the 9nly one struggling with this kind of situation? Or there are other people here that went thru this program and got sober?

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Re: Will I ever be loyal?

Posted by Vehkam - 14 Aug 2022 19:49

You have hope. Please read my thread - then message me.

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Re: Will I ever be loyal?

Posted by cordnoy - 15 Aug 2022 00:17

[Gyejackj wrote on 14 Aug 2022 18:37:](#)

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Thanks a million

Sorry to hear what you're goin' thru. Sadly, and happily, there are many fellows doin' the same thin' as you, and in your circles as well. I'm surprised you haven't met any in the waitin' room yet.

The fact that you had another woman service you does not mean that you're worse or better or more addicted than the chronic porn watcher or masturbator; it just means that you had opportunity and took advantage of that.

There are many ways of recovery, choose the one that speaks to you, and that is effective.

Godspeed to you

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Re: Will I ever be loyal?

Posted by AlexEliezer - 15 Aug 2022 16:06

Welcome!

You are in the right place.

And you can do this.

Lust addiction takes many forms, including the stuff you're doing.

What we all have in common is an addiction to the sensations of lust.

This addiction is not limited to the actual act.

It includes all the little sensations we allow ourselves along the way--

looking at women in the street, or at the office, or in the newspaper;

thinking lustful thoughts, obsessing about specific things.

These little hits of lust feed the addict and keep the addiction healthy and strong.

To weaken it, we need to starve the addict.

The only place we can intervene successfully is by avoiding the smaller indulgences.

And if we slip, we move on and avoid the next one.

For me, davening for help has been integral in fighting the small, everyday battles, especially the thoughts.

Much hatzlocha in your journey and keep us in the loop.

Alex

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