

One step forward, two steps backward

Posted by Dbo - 21 Jan 2024 23:41

Dear GYE Community

I'm a regular guy, thank g-d, with a seemingly great life. Wonderful wife, good children Bli Ayin Hara.

Ever since I was 15 (15 years ago) I've had a problem.

At first it was just a porn problem, but then it developed into more than that.

I try so hard to put things in place, filters, therapy, learning, davening etc

It always feels like one step forward two backwards.

It always comes back worse, do I just accept it and try not to feel guilty?

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Re: One step forward, two steps backward

Posted by redfaced - 22 Jan 2024 00:33

There are plenty of real tools that you can learn to use, that can help you go the other way .

It will be two steps forward and maybe one backwards.

Then three steps forward and half backward.

With putting in the proper actions you CAN & WILL learn how to beat this monster .

Hatzlocha !!!

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Re: One step forward, two steps backward
Posted by Vehkam - 22 Jan 2024 00:36

[Dbo wrote on 21 Jan 2024 23:41:](#)

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Welcome. Many of us have been in your position. It is not about how many times you fall. It is about how many times you get out. Don't wallow in guilt but don't ever stop trying to overcome this. With help from hashem you will succeed. I personally was helped by reading the Battle of the Generation by Hillel S. It really reshaped my perspective after decades of struggling.

please stay here and engage with the oilam.....

best wishes

vehkam

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Re: One step forward, two steps backward
Posted by chaimoigen - 22 Jan 2024 01:14

Welcome.

This is a good place. Hope lives here.

Many guys have felt exactly as you articulate your feelings, and they have broken free. It's a hard road to travel, but a lot easier when you aren't walking it alone.

There are folks here who understand. A lot to learn, plenty to share. Stick around, read some threads . Share more.

There are many doors open for you.

And we are glad to get to know you.

warmly,

Chaim Oigen

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Re: One step forward, two steps backward

Posted by iwant2begood - 22 Jan 2024 02:26

Welcome!

Yes, I can relate my struggle also began at 15, and slowly progressed.

Yu in the right place, with many people that shared the same experience as you. keep on sharing, and you will break free.

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Re: One step forward, two steps backward

Posted by eerie - 22 Jan 2024 18:54

Welcome to the family!

(Fill in with the wise words of all the above)

Keep smiling!

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Re: One step forward, two steps backward

Posted by Hashem Help Me - 24 Jan 2024 02:23

Welcome. It should be with hatzlocha.

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