

3 year struggle

Posted by yolk - 30 Mar 2025 14:49

Ive been struggling with PandM for 3 years now. Thank god I'm over hardcore photography, but ive been stuck in a slump of softcore pornography and masturbation for about 2 years. I dont know what to do at this point. I feel helpless and lately I've been unfortunately developing the habit of masturbating until climax. I feel like such a failure, its so hard. I'm someone who never asks people for help and guidance, but with years of failure I've gone to where I never thought I would. I dont know what to do anymore. How can I stop failing! I have all the filters set in place not to watch inappropriate content and still live a semi modern life, and still I bypass the filters and go back to breaking my good habits. I'm desperate for help. Thank you.

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Re: 3 year struggle

Posted by sytv2002 - 30 Mar 2025 16:14

Hey I'm struggling too. Similar situation as well. I may not believe in myself so much but I do believe in you! You CAN do it. I wish I had more to offer but being consistent on this platform is a great way to start. Hatzlacha!!

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Re: 3 year struggle

Posted by eerie - 30 Mar 2025 18:27

Welcome! This is the most amazing place, where we stand by you, we care about you, and we want to see you succeed!

My friend, stick around, share, ask, listen, grow, connect, and beH you'll soon start seeing real change

Hatzlacha!

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Re: 3 year struggle

Posted by time2win - 30 Mar 2025 22:53

Yolk-welcome to the neighborhood.! :-)

do you have accountability software like webchaver on your devices? It's been a game changer for me. Filters are a great start, but we're not enough for me. I've found webchaver very helpful. Highly recommended

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Re: 3 year struggle

Posted by shmuel613 - 03 Apr 2025 09:48

Hi, I also struggled a lot with this(this is really difficult for me to say btw, im so embarrassed and am almost at tears just by writing this). I have been struggling for this for about 5 years now, nothing seems to work and I dont know what to do.

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Re: 3 year struggle

Posted by myhabitsarechanging - 26 Apr 2025 21:16

I just signed onto Webchaver and am looking for Chaverim to hold me accountable. Who can I look to? Thank you.

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Re: 3 year struggle

Posted by proudyungerman - 29 Apr 2025 03:08

Maybe try reaching out to one of the mentors here.

HMM - michelgelner@gmail.com.

Eerie - 1gimpelovitz@gmail.com

Muttel - muttel15@gmail.com

Reb Akiva - mevakesh247@gmail.com

minhamayim - minhamayim1@gmail.com

amevakesh - amevakesh23@gmail.com

Or try to find someone on the forum that their story is very relateable to you and reach out.

Hatzlacha!

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