

delicate question

Posted by gye1962 - 11 May 2015 04:08

hi

Recently i put filters on every device i own. now i don't have any access to pornography.

if when i fall(because of a strong urge) i do zera lebatat without pornography, will this help me to eventually beat this addiction, or will i eventually turn back to pornography?

simplifeid: am i addicted to Pornography? or to zera lebatat? or both?

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Re: delicate question

Posted by cordnoy - 11 May 2015 13:46

How should we know?

What's the difference?

How's your mind?

What and why do you wanna stop?

sorry if my response was not as delicate as your question.

b'hatzlachah

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Re: delicate question

Posted by gye1962 - 11 May 2015 14:56

hi

i guess i dint put my question correctly

if i stop watching pornography , will i eventually stop doing zera lebatal, or they dont have anything to do with each other?

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Re: delicate question

Posted by lomed - 11 May 2015 15:50

I assume It depends for each individual. For me, I was not watching porn very much (about once every few month). but zera levatoloh was done almost daily. I am sure that many here had different experience. The main thing is we have to be ready to take the challenge upon ourselves.

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Re: delicate question

Posted by cordnoy - 11 May 2015 15:56

[gye1962 wrote:](#)

hi

i guess i dint put my question correctly

if i stop watching pornography , will i eventually stop doing zera lebatal?

no (not if you don't work on it).

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