

Just sharing

Posted by 1day613 - 09 Jun 2024 19:56

There is a podcast on Spotify/apple podcasts that has helped me tremendously, it's called Overcome Pornography for Good by Sara Brewer. She is an expert in the field and has helped thousands of people overcome their urges. The one problem I have is that a lot of the people who listen to her and use her program are Christian and although she does not preach or mention anything religious there are still some things that she says that are against daas torah probably, being that she is a goy. Nevertheless, I have benefitted tremendously from it and it has gave me tools that I use everyday. My question is has anyone else listened to this and what are your thoughts on it?

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Re: Just sharing

Posted by chaimoigen - 05 Jan 2025 19:03

[1day613 wrote on 05 Jan 2025 16:40:](#)

Chaimoigen that makes a lot of sense. Just looking back anytime I made a Knas if I fell, never worked. A gedarim knas seems like a much better idea. Also in the last few months I have reached out to a few people on GYE and have seen HUGE progress. I definitely agree that the

Pleasure! Send me an email to my address below and we'll take it from there imyH

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Re: Just sharing

Posted by 1day613 - 07 Jan 2025 00:04

Ugghh having a rough time right now. I have been having urges all week and most of that is my fault for purposely fantasizing. I sort of took a peek at porn (pics) today and part of me just wants to fully fall down. Uggggghhhh help.

didn't even want to post but here I am.

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Re: Just sharing

Posted by trying1989 - 07 Jan 2025 00:16

Ya that is really hard! Dealing with all those fantasies!!! But the fact that you are staying strong is great! Really gotta be careful with the pics, kinda feel harmless since it's only pictures but it will wreck havoc!

look at the fact that you posted just shows how you are trying!! Hang in there buddy!! I'm cheering for you!!

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Re: Just sharing

Posted by chaimoigen - 07 Jan 2025 04:57

[1day613 wrote on 07 Jan 2025 00:04:](#)

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It took strength to post! Here's a hand....

It's not realistic to really stay clean if a person keeps taking sips of lust and fantasy. Of course, easier said than stopped...

The fantasising lessens as you stop looking and watching. But a little can light the fires....

Try to hang on till the poison from those pics passes out of your system. It usually passes its intensity after a bit... Then you'll be able to make a better plan...

Hang on,

you're a good man,

Chaim

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Re: Just sharing

Posted by boardg - 16 Jan 2025 03:36

hey. how are things?

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