

Kickin it before I get married

Posted by kickinit81 - 03 Jun 2011 16:53

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Hi-

I know and appreciate that this is probably not a healthy attitude but it is where I am. I am getting married in the next few months. I would like to get a good head start on kicking/controlling this addiction before I do! I am almost 3 days clean and they have not been the easiest days!! I have been struggling with this since a friend introduced me to p\*\*n at the age of 14. I am now 26. This has gone on way too long. I was clean for about 6 months before when I went to israel to learn in yeshiva for a second time, but then fell back into almost daily problems. It feels very therapeutic to write this out. I have never admitted except to myself about my issues and feel a lot better about being able to do battle together.

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Re: Kickin it before I get married

Posted by musicman - 06 Jun 2011 22:09

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Thanks.

I'm having trouble believing it myself, but it shows that a little(lot of) motivation and chevra can go a long way.

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Re: Kickin it before I get married

Posted by kickinit81 - 06 Jun 2011 22:12

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What I am nervous about at the moment is what happens if I fall, will I have the honesty and fortitude to be able to get back up and admit to all of you that I fell. A lot of the reason that I have been able to withstand is that I have people who are encouraging and I don't want to let you guys down. So thanks!

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Re: Kickin it before I get married

Posted by musicman - 06 Jun 2011 22:13

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You will. Many others do. You'd feel a lot worse if you stayed with us and weren't as open and honest as many here are.

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Re: Kickin it before I get married

Posted by kickinit81 - 06 Jun 2011 22:20

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[musicman wrote on 06 Jun 2011 22:13:](#)

You will. Many others do. You'd feel a lot worse if you stayed with us and weren't as open and honest as many here are.

Thanks for the reassurance. It is very helpful to know :-)

And Yeah I can't believe that I will be going into shavuot with almost a week clean. I can't remember the last time that happened.

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Re: Kickin it before I get married

Posted by wannabehappy - 07 Jun 2011 01:18

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Live the thought. Revel in it. Realize how awesome it feels.

Everyday from here on in will be huge.

8 Days is huge.

Your system will tell you in a day or so that you are cured and you can now relax.

Let yourself know that you're gonna double down and think about making a sliding neder. The one where if you fall now you'll give something important, usually money, pick an amount that would hurt and as you get more excited that you're doing well increase that amount.

I don't know why I am qualified to tell you this. But somehow I feel in my gut that this is gonna help you. Maybe cuz it would've helped me before I married.

What are you doing this time to make sure you don't fall?

Im sure you've tried many times before.

The chizuk and shock and everything you get initially from the site did not last past 8 days. Ironically my mind told me that now that I posted on the site and interacted with people I was fixed!

Dont make that mistake.

Every time you think you have it under control,make another fence.

Kick it!

This is advice, IMO, for non addicts.

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Re: Kickin it before I get married

Posted by wannabehappy - 07 Jun 2011 01:24

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Two things I forgot.

You mentioned about your 6 months clean.id be curios to ask you how long ago that was.

I find that it could be that as I got worse things that worked before were completely irrelevant.

And to jester.

I think your post was one of the best I've seen on this site.please keep posting.

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Re: Kickin it before I get married

Posted by kickinit81 - 07 Jun 2011 15:01

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Does anyone find that exercise helps reduce urges?

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Re: Kickin it before I get married

Posted by musicman - 07 Jun 2011 15:44

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I find that it helps reduce weight :p

I honestly don't know, I don't do it enough to know for sure.

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Re: Kickin it before I get married

Posted by wannabehappy - 07 Jun 2011 18:37

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Well sceintifically its a double edged sword.

It reduces stress, a leading source of acting out.

It increases your testosterone and count so....

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Re: Kickin it before I get married

Posted by Lo Sasuru - 07 Jun 2011 20:56

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[wannabehappy wrote on 07 Jun 2011 18:37:](#)

Well sceintifically its a double edged sword.

It reduces stress, a leading source of acting out.

It increases your testosterone and count so....

I just checked this out. ~~It's believed that it burns testosterone unless you have an extreme training regimen.~~ (people are actually disputed on this)

I find that playing a sport helps tons. Something that requires other people.

Good luck and have a good Yom Tov

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Re: Kickin it before I get married  
Posted by TheJester - 09 Jun 2011 23:19

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[kickinit81 wrote on 07 Jun 2011 15:01:](#)

Does anyone find that exercise helps reduce urges?

From my own experience - no. It increases them. However, it builds discipline and self-respect.

YMMV...

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Re: Kickin it before I get married  
Posted by laagvokeles - 10 Jun 2011 00:22

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why shouldnt it help?

u are busey with something **allse**.....

i think its a good idea to do exercise in the end of the day for about an hour, so u are tired u take a shower, and u fall asleep, unstead all this porn and stuff....

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Re: Kickin it before I get married  
Posted by Eye.nonymous - 10 Jun 2011 06:35

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Hello.

I'm just dropping in here to say hello.

Good luck to you, kickinit. You seem to be very sincere in your desire to recover.

--Eye.

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Re: Kickin it before I get married  
Posted by kickinit81 - 10 Jun 2011 17:44

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Thanks everyone!

I am having a realllllly tough day! I want to make it to 14 days. Yom tov I was able to withstand urges, but today I almost acted out my thoughts a few times... Ok, I will keep you updated etc.

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