

Need an advice

Posted by aaron73 - 02 Jun 2014 21:59

Hello friends!

and also I
I know it isn't something good but It kind of keeps away the
anxiety caused by pornography...

I'm willing to ask for some help, perhaps a rehab treatment or something, but it means that I
have to tell it to people, like my family, and I know they're gonna get mad, and everything may
come to change for me, in so many ways, but I'll get the help...In the other hand, I can keep

I've managed to reach 18 days clean of pornography! ... But just had a fail again
I'll appreciate some advice guys, I really don't know what to do, I'm afraid and confused.... you
haven't been able to leave drugs

PEACE!

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Re: Need an advice

Posted by cantdoitmyself - 02 Jun 2014 22:13

I can't say that I have much experience with drugs, so I don't know how everything fits in to this
advice, but personally if it were me and I felt like my life and happiness were dependent on me
going to rehab, I think I would do it, no matter who got mad at me.
trying on my own, wich is a risky way, but at least I won't have a lot of people mad at me

Not that this is the same, but when I was single, I told my parents that I watched pornography,
because I felt like the only way I will get better is if I see someone and get some help, and they
were my lifeline. Now it's years down the line and I don't regret it.

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are always helpful for me

Re: Need an advice

Posted by MBJ - 02 Jun 2014 22:14

Pornography, drugs, alcohol etc, all these things are escapes, ways of hiding. I think that you need to be open and make some changes in your life, because right now things are not going well. Please open up to someone you trust, please get into some therapy or program to address your drug addiction. Maybe along the way you will find an answer to the pornography problem as well, but please don't delay any further and get the help you deserve.

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Re: Need an advice

Posted by cordnoy - 03 Jun 2014 01:03

Agree with MBJ, and like we said before: It is crucial to open up, but choose wisely. Think about who will provide the best assistance. Who will you feel comfortable and confident and secure with? Don't jump to conclusions except the one that you need to tell someone.

b'hatzlachah friend

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Re: Need an advice

Posted by DanielTeshuva - 09 Jun 2014 23:09

I may be a week late but I agree about finding someone you trust and telling that person. One of the most powerful tools of lust is keeping it a secret. I mean I've been there in the past, and addiction got me struck for years, and because of not daring to tell anyone it could go on. Do what you think that helps best. But trying to fight this all on your own is not at all recommendable. Chance of losing and giving in to lust is way too big then.

Be blessed!

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Re: Need an advice

Posted by cordnoy - 09 Jun 2014 23:58

Isolation is what got many of us into this mess in the first place.

b'hatzlachah

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Re: Need an advice

Posted by cordnoy - 10 Jun 2014 07:21

[aaron73 wrote:](#)

Hello friends!

and also I
I know it isn't something good but It kind of keeps away the
anxiety caused by pornography...

Just curious.... the drugs keep you away from the anxiety of pornography...does that mean that you do drugs instead of pornography, or did you mean that there is anxiety caused by watchin' porn, and the drugs calm that anxiety?

Either way, you probably need a professional....not me for sure.

Regardin' the gettin' mad part....they might be for a while, but the fact that you opened up to a safe person...askin', pleadin' for help should outweigh their anger in the long run. in many cases, it works that way with a wife and husband...certainly it should with the folks.

b'hatzlachah friend

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Re: Need an advice

Posted by shivisi - 10 Jun 2014 18:28

Listen to this lecture!

It's AWESOME!!!!

www.torahanytime.com/audio/rabbi-zecharia-wallerstein-rosh-hashanah-pathway-out-of-addiction/

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Re: Need an advice

Posted by aaron73 - 12 Jun 2014 02:51

I'm gonna tell my mom everything in a couple minutes :O so if you guys could be praying for me I'd be really thankful... I can't stand being like this anymore I'm kind of losing it...

cordnoy: I thought that I could control with drugs the anxiety that caused watching porn ... but

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Re: Need an advice

Posted by cordnoy - 12 Jun 2014 06:59

I davened a bit for you that it should go well with your Mom.

Let us know please.

b'hatzlachah

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