

Was clean for 4 weeks

Posted by StartingOver - 19 Sep 2014 05:16

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I started dating a new woman and I was clean for four weeks. Didn't look at porn once (some provocative pictures) and barely touched myself. I screwed up last last two days. I looked.

The woman I am dating told me that she broke up with a guy who admitted he had a porn addiction.

I thought I was over this.

Not sure what to do right now...

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Re: Was clean for 4 weeks

Posted by cordnoy - 19 Sep 2014 06:48

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Welcome back.

Sorry to hear about that.

Can you remind us what you were doin' for recovery?

What was workin'?

What wasn't?

Either way, today is a new day and you know that you can do the right thing for right now, and that's all that our responsibility is.

So head up and back on da truck!

b'hatzlachah

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Re: Was clean for 4 weeks  
Posted by dd - 19 Sep 2014 07:42

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[StartingOver wrote:](#)

Not sure what to do right now...

first of all the first step you did already came by here on gye.....

hang around and brush it off if you did it for 4 weeks that means you can do it (one day at a time of course)so....

KOMT!!!!

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Re: Was clean for 4 weeks  
Posted by StartingOver - 22 Sep 2014 18:43

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I failed completely last night. Totally not worth it.

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Re: Was clean for 4 weeks  
Posted by cordnoy - 22 Sep 2014 18:55

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[StartingOver wrote:](#)

I failed completely last night. Totally not worth it.

To fall, or to recover?

either way, I can relate.

Have had both of those feelings.

Let us know your thoughts please.

b'hatzlachah

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Re: Was clean for 4 weeks

Posted by godhelp - 22 Sep 2014 19:07

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Stay Strong

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Re: Was clean for 4 weeks

Posted by StartingOver - 22 Sep 2014 19:23

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I was alone, bored and in need of great stimulation or an escape. I took the easy fix rather than finding something productive to do.

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Re: Was clean for 4 weeks

Posted by dms1234 - 22 Sep 2014 19:37

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Quick question: what are you doing in terms of reaching out?

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Re: Was clean for 4 weeks

Posted by StartingOver - 22 Sep 2014 20:40

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Well basically one of the reasons I've been clean is because I have had what to do on Sundays. Sunday's are dangerous for me because I'm often alone. Even if I do a lot of things, there is a lot of dead time. I didn't reach out this time because I was in such need of stimulation I welcomed looking at porn this time. I guess I needed an escape.

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Re: Was clean for 4 weeks

Posted by dd - 22 Sep 2014 22:29

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KEEP ON TRUCKING!!!!

and keep in touch!!!

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Re: Was clean for 4 weeks

Posted by StartingOver - 24 Sep 2014 00:48

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So today I was walking around midtown Manhattan and saw so many beautiful girls I actually questioned why I am frum today. and I feel bad for the woman I am dating because she is tzinus and can't compete with what I was seeing today.

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Re: Was clean for 4 weeks

Posted by StartingOver - 30 Sep 2014 05:52

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I just had the desire to look at porn...first thing I did was sign on to here. Good for me :-)

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Re: Was clean for 4 weeks

Posted by cordnoy - 30 Sep 2014 07:33

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Yep; good first move!

what was your second? third?

b'hatzlachah

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Re: Was clean for 4 weeks

Posted by StartingOver - 30 Sep 2014 23:31

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I was fine for a few hours and then failed :-(

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Re: Was clean for 4 weeks

Posted by dms1234 - 30 Sep 2014 23:43

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Did you follow cordy's advice: "Whats your next move?"

What are you doing for recovery? Or are you just fighting the Yetzer?

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