

Taking it a week at a time

Posted by hamabes - 05 Feb 2017 11:37

I've been up and down quite a lot lately. Needed a real yeshua on Shabbos. Made a hachlota to stay clean for this week. I didn't get the yeshua but am planning to keep the hachlota in any case. Will take it one week at a time. Wish me hatzlocha. Thanks

=====

Re: Taking it a week at a time

Posted by Markz - 05 Feb 2017 14:51

Welcome!

Keep us posted please, and maybe share your struggle too, and we can Truck together!

=====

Re: Taking it a week at a time

Posted by Watson - 05 Feb 2017 17:41

Welcome. You're in the right place.

First of all please take time to read through the [GYE handbook](#). No two people are the same, everyone has a slightly different set of circumstances, but we all share this problem and since we share the problem we can share the solution too. The book is written in a general way so it can apply to everyone. I found it helpful to really think about what the book was saying and how it applied to me and my own life.

This is a very common problem nowadays, you're far from the only one to deal with it. The word addict gets thrown around quite a lot, but most people who struggle with this issue are not addicts, just normal people with a normal yetzer hora. Which is good. Some people have come to realise that they really are addicts because their situation got gradually worse and worse despite working on it. When I say worse I mean, in frequency, severity or just feeling worse after every slip. If that is the case we may need more than GYE, which most people find to be

therapy or SA or both. But I wouldn't jump to that conclusion about you. Many people have overcome this challenge right here on GYE using the tools in the handbook.

So stick around. Keep posting, keep reading and keep on trucking.

=====

Re: Taking it a week at a time
Posted by cordnoy - 05 Feb 2017 18:22

Welcome,

B'hatzlachah

=====

Re: Taking it a week at a time
Posted by Singularity - 06 Feb 2017 10:25

Welcome!

Give your yeshua a hachlota and truck on with us GYE-ers as we decide on salvation along the monster highway!!!

=====

Re: Taking it a week at a time
Posted by hamabes - 06 Feb 2017 19:33

Thanks all for you good words of chizuk. So far so good. Not sure if I should being this up here, but I find myself drawn to porn every time I have a fight with my wife. Kind of a revenge thing. Not that it hurts her in any practical way that I can see. The only one I'm hurting is myself. I'm not the sort to lash out at her. Even though she does at me. So my coping mechanism is

(sometimes) to find solace in porn. I know this is not a valid excuse. I'm just sharing my struggle.

=====

Re: Taking it a week at a time

Posted by cordnoy - 06 Feb 2017 20:15

[hamabes wrote on 06 Feb 2017 19:33:](#)

Thanks all for you good words of chizuk. So far so good. Not sure if I should being this up here, but I find myself drawn to porn every time I have a fight with my wife. Kind of a revenge thing. Not that it hurts her in any practical way that I can see. The only one I'm hurting is myself. I'm not the sort to lash out at her. Even though she does at me. So my coping mechanism is (sometimes) to find solace in porn. I know this is not a valid excuse. I'm just sharing my struggle.

Makes perfect sense.

Knowl the feelin' well.

=====

Re: Taking it a week at a time

Posted by Singularity - 07 Feb 2017 09:37

[hamabes wrote on 06 Feb 2017 19:33:](#)

Thanks all for you good words of chizuk. So far so good. Not sure if I should being this up here, but I find myself drawn to porn every time I have a fight with my wife. Kind of a revenge thing. Not that it hurts her in any practical way that I can see. The only one I'm hurting is myself. I'm not the sort to lash out at her. Even though she does at me. So my coping mechanism is (sometimes) to find solace in porn. I know this is not a valid excuse. I'm just sharing my struggle.

Yeah, that red-faced rage, seething resentment, and wish to throw it all away. Mmmm. Been

there. Ugh.

It might help to try think of why it actually *does* hurt her. Imagine she finds out one day. Oh boy.

=====

=====

Re: Taking it a week at a time

Posted by GrowStrong - 07 Feb 2017 11:42

I am big believer in the subconscious.

Yes she might not have a clue consciously that I am hurting her and lashing out.

But she knows it inside. Because we are connected like that

=====

=====

Re: Taking it a week at a time

Posted by cordnoy - 07 Feb 2017 13:26

When one is asked to write a list as to why he wants to stop pornin', I'm sure that "hurtin' his wife" is on the list.

Whenl one is asked to write a list as to the thoughts or actions contributin' to his recovery, I'm not sure that "hurtin' his wife" is on the list.

Butl, ya' never know.

=====

=====