

My Journey to 90 days (Hopefully)

Posted by helpmeout613 - 05 Sep 2017 09:43

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DAY 1

Hi guys

So here I go again, this is not my first time trying 90 days.

For a quick backround i started masturbating when i was a bochur, i thought it would stop when i got married. It did for a while but then it came back full force.

Then one day I couldnt take it anymore I went to speak to a therapist who got me to tell my wife who by the way is fully supportive of me. With help of the therapist i managed to stop for some time. He explained all about feelings etc and his advice still helps me with regards to all sorts of things.

Anyway after quite a large amount of time not masturbating I fell in again (my wife knows).

Yesterday after a "session" i decided enough is enough (again!!!!) and im trying again for 90 days and im going to hopefully blog it as much as possible

Thanks for listening

Have a good day

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Re: My Journey to 90 days (Hopefully)

Posted by Markz - 05 Sep 2017 12:34

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[helpmeout613 wrote on 24 Jun 2013 01:34:](#)

Hi I have just joined.

I started masturbating when I was a bochur. briefly stopped when I got married and then started again, very often with watching porn. I couldn't take living a lie from my wife so I went to an addiction counsellor while I was learning in Eretz Yisroel who persauded me to tell my wife and then he taught us about describing our feelings to each other and introduced us to the book loving what is by Amanda byren (which btw is a really good book) it helped for about a year. Then a recently moved back to chutz laaretz and started working and unfortunately I started

again b"h this time my wife knows and she is really supportive but I am still finding it hard to completely stop.

thank you in advance for any advice

Welcome back

If you feel blogging is the solution, go ahead.

I'd call Dov or Cord' if I was you

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