

Failing forward or backwards?

Posted by JacobsLadder - 04 Jun 2021 14:16

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How many times can i fall and fail before it becomes apparent that I will never change ?

I make progress. I do well. Then I do it again. I fall. I fail.

I say to myself that every failure is a lesson but I feel like I'm kidding myself. Am I lying to myself ?

I say to myself by watching something I shouldn't now it prevents me from doing an act or getting together with someone I shouldn't.

40 years of lustful behaviour is always over my head like a cloud.

Does it get better ?

I have to start a program somehow...

Thanks for letting me vent.

Jack

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Re: Failing forward or backwards?

Posted by DavidT - 04 Jun 2021 14:20

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The most powerful way to break free from an addictive behaviors is to join a support group.

The following groups are suitable for GYE members:

- **Sexaholics Anonymous (SA)** - a 12 step program dealing with any lust-related behaviors. SA has thousands of meetings all over the world, so it's easy to find a local meeting at a time that suits you. There are also dozens of virtual meetings available. There is also a special phone conference twice a week that is especially suitable for GYE members.
- **Porn Anonymous (PA)** - a new 12 step program dealing primarily with porn. PA has Zoom meetings 3 times a week.
- **SMART Recovery** - a science/therapy based alternative to the 12 step program. There

are live meetings appropriate for GYE members and there is also Zoom meeting once a week.

Also, unless you think your behavior is extreme, we recommended starting with the other tools on GYE before considering a 12-step support group.

**For more information about these groups please write to [help@guardyoureyes.org](mailto:help@guardyoureyes.org).**

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