

am i an addict?

Posted by snapping - 17 Jul 2013 21:26

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I have been on here a few days and all this seems a little extreme. yes I have a prob and I cannot stop alone, however, I have a very good relationship with my wife (I love her) and my prob is porn that started long before I met her. some times it is once a week sometimes 2x a week sometimes 1x a month. I do need help to stop but I am not sure if I should call myself an addict or just someone that needs help stopping. I understand some cases or worse then others, I hope to find some less extreme friends here who can help me. of course I am willing to learn from everyone who can help.

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Re: am i an addict?

Posted by ur-a-jew - 17 Jul 2013 21:39

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[snaping wrote:](#)

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I would say it doesn't matter if you are an addict or you aren't an addict. Ask three people on this site how to define an addict and you will get three (if not four) answers.

The important point is that you have a problem which you've come to the realization that you need to stop. Whether you are an addict or not, unless you get into the mindset that continuing to look at porn is not an option for yourself, I think you will have a very hard time stopping. If you realize that acting out is not an option, the question is how you plan on doing that. If you are willing to learn from anyone who has that answer, as you say you are, I think it doesn't matter whether you are an addict or not. What's your plan?

Welcome and much hatzlacha,

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Re: am i an addict?

Posted by Pidaini - 17 Jul 2013 23:07

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I happen to be one of those less extreme friends you were looking, and very much in the same place, before I came here I couldn't stop alone, but it was also the same time periods that you wrote. I BH have a good relationship with my wife as well. I personally think that the fact is that we have learned to live in our own world, if not always than certainly a fair enough of the time, and we need help getting back into the REAL world. I think one good way of doing it is using the same methods that the addicts do, it's ceratinly not detrimental, and it will only help us in every way, so what should make the difference?

Someone else just posted a similar question recently [Am I an addict Does it really matter?](#)

Hatzlacha Rabbah!!

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Re: am i an addict?

Posted by some\_guy - 22 Jul 2013 06:18

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Dear snapping,

I don't think your an addict, but the only way to really tell is to see how you are after a long time clean. You should still come here to get advice and some friends to talk to. You may also want to see a therapist, but I would not do unless things get much worse. I think you should hang around and post for a month or two. After, we'll see how you have changed. Send me a message if you want to talk about anything.

--some\_guy/Elias/Eliyahu

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