

How deep fear runs.

Posted by Asopher - 16 Jan 2014 13:45

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How deep fear runs, that I should be afraid at the prospect of being alone in my home, like a little child afraid of the dark. Sometimes I think I need to simply steep in that fear, let it fill me, without judging it, while simultaneously simply knowing that I will not give into it. And the fear, I believe, is really about something deeper, not the pornography. The fear, I can vaguely sense, is about my willingness or unwillingness to deeply engage the deeper levels of myself. Perhaps this sounds like new-age gobblygoop. But I wonder if anyone else has had a similar feeling?

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Re: How deep fear runs.

Posted by JordanBloom - 16 Jan 2014 19:16

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I definitely relate - that a lot of my behavior, porn viewing as well as other time wasting activities, are an attempt to escape life and dealing with real issues of growth/responsibility/reality - I often feel the pressure to be something I know I should be but am not yet and feel relieved when I am

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distracted by other things - is this along the lines you are thinking or not even close?