

Trying to keep my sobriety. It's VERY challenging!

Posted by Trying hard 284 - 24 Jan 2014 20:43

---

I am new to the forums. I have never posted anything before. I am one way to 90 days ... actually shabbos will be 90. I'm excited though I'm not sure exactly how to celebrate since it's

I was wondering how to continue fighting because as time goes on I see that I'm not watching p\* or m\* but I am still being pulled to look at woman in the street. It's as if since I can not get it in line so I'll see it live. What can I do? How do I battle this. I really want to keep my sobriety and not fall. It's like my brain knows always where to look. How do I protect myself?

Any advice would be appreciated.

=====  
=====  
sort of a private simcha

Re: Trying to keep my sobriety. It's VERY challenging!

Posted by gibbor120 - 31 Jan 2014 03:59

---

I think I confused you and mevakesh in my last post on the other thread. Oh well.

Anyway, it sounds like a tough situation.

Have you gone for any help? To a Rav, a therapist...

Have you read the handbook? I have some good reading material in my signature too.

Opeining up to someone in real life and even on the phone can really help.

=====  
=====

Re: Trying to keep my sobriety. It's VERY challenging!

Posted by Pidaini - 31 Jan 2014 08:23

---

Belated Welcome dear TH!!!

I was on sabbatical for the last few days so didn't see your posts.

It's great that you came here, it is the place to be for people like us with lust problems.

One thing that helped me greatly, and continues to do so, is to realize exactly what the "enemies" are. When I first came, I thought the enemy was porn, that was all I came to fight. I quickly learnt that my enemy was much larger, and porn was just the tip of the iceberg!!

Lust manifests itself much more in my looking at women on the street than it does in porn, after all I'm on the street more than I watch porn. When I look at my wife as a sex toy, wanting to use her for my sexual desires, that is also lust playing its role in me.

I need to stay away from those triggers if I want to be able to stay clean, because if I let those in, then I'm already on the lust conveyer belt, and that belt moves very quickly!!

Just as a side note, the first person I opened up to was a friend, and he has since been the most crucial part in my recovery!!

Keep on Posting!!!

KOT!!!

=====

Re: Trying to keep my sobriety. It's VERY challenging!  
Posted by Trying hard 284 - 31 Jan 2014 08:42

---

Thanks for the welcome. A lot of the ppl that has been posting here already knows what they are fighting. I am beginning to discover it now. And I feel all outta wack in this discovery mode .... It's actually quite cool how I'm not acting out to sooth this confusion (like I always did when I felt down or just lost and uncertain.)

But now I'm just digesting it all

Like you said it seems that my struggle is not so much in porn itself rather it's all the woman in the street. Now i don't really have someone that I feel comfortable trusting with all this type of info. It would be held against me or be very judgmental.

But see I'm a bit overwhelmed because I'm trying to see where I'm holding..... Narrowing out different venues... For example now I understand that i may have masterbation addiction as opposes to a porn addiction. I am really discovering myself and I guess it's very scary because I don't know what I'll find.....

I'm really trying to hang in there.....

=====  
=====

Re: Trying to keep my sobriety. It's VERY challenging!  
Posted by Pidaini - 04 Feb 2014 10:59

---

Hey there!!

How's it going!!

=====  
=====