

From Porn to gembeling

Posted by godgedud - 26 Jun 2014 13:30

I have been a porn addict for years, I am a married man with a large family b"h self employed with "potentially" a nice business all seem fine from the outside. But i am a broken man I blame it on my parent,(I know it will not help) I was abused by them as a child. I am sitting in the office all day next to a computer I used to watch porn from time to time but last 6 months after reading in the Hand book i piked up one of the ideas how to brake free: making a neder. so about very month I make a neder not to disable the filter i installed on my PC, and so far B"H it works fine.

But than a new problem arrived, I am an investor in the stoke market for years. Since I became clean with porn I became addicted to trading and I fill an urge to trade every day or a few trades a day and I am sitting at the screen contently checking prices, doing risky trades even that i lost a lot of money from this sort of trade i still fill an urge to trade and cant stop my self.

What hearts me more is that I am neglecting my main business that I set up the office for, so not growing my business and losing money from the trades.

I come home every night depress no patient for the kids and wife. I have no friends at all, lonely person. ah sorry one freind i do have it is .. My computer

I have decided from today not to watch anything to do with stokes and shares until 3pm.

have any of you got a slimier problem or any suggestion how to improve my live? I was thinking to go to a counselor but thee ins no Jewish counselor in my part of the wold how specialized with addiction. Do i need a counselor ? is a non Jew OK?

I will really appreciate any advice-thank you

(sorry about my english - its not my first language its my 3rd)

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Re: From Porn to gambling

Posted by Pidaini - 26 Jun 2014 16:53

Hi there!!

As you have noticed, there is something behind our addiction, it's not just a urge for porn, there is something much deeper.

You should certainly try to find help, 12 step meetings seem perfect in this case, probably GA (gamblers anonymous, you should be able to google it and find the information there).

You're not alone, we're all struggling with something that seems beyond our control no matter how much it hurts us!! But there is a way out and you deserve it!!

Go for it!!

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Re: From Porn to gambling

Posted by cordnoy - 26 Jun 2014 17:22

Welcome

Agree with Pidaini.

Why would you only want a Jewish person; especially if your symptom may indicate a compulsiveness for things; for risk; for danger, etc.

Nice that you stopped the porn; you can do it!

Don't be a stranger.

b'hatzlachah

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Re: From Porn to gembeling
Posted by lavi - 26 Jun 2014 20:35

hello friend,

i wish you success on your journey to be free of all your addictions.

i want to echo something pidaini wrote.

YOU DESERVE BETTER. being bitter and alone-recipe for disaster.

go, do , make anything to connect yourself with people who care (like us!!)

your friend lavi

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Re: From Porn to gembeling
Posted by Bezrat - 26 Jun 2014 21:55

Hi

Had a very similar challenge re porn and trading. Personal experience says Stop trading immediately. Trading requires the coolest of head and an ability to be detached.

I ran a 7 figure account (TRUE!) to a low 6 figure because I was addicted to the thrill.

Read Confessions of a Stock Trader. Do not trade until your head is on your shoulders.

Eli

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Re: From Porn to gembeling
Posted by dms1234 - 26 Jun 2014 22:14

WELCOME!!!!!!!!!!!!!!!

Check out skip's tips: [Skep's tips](#)

I echo cordnoy, the most important thing is recovering. If a non-jew will help us then so be it!

Also your english is fine!!

Keep your head up, it seems like you're on your way!

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Re: From Porn to gembeling
Posted by kilochalu - 30 Jun 2014 03:29

WELCOME!!!

as far as the SA or GA theoretically nonJew is fine

BUT sometimes they have different ideas of what to do instead to chill out which may not coincide and may very easily conflict with Torah ideas on that matter.

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Re: From Porn to gembeling

Posted by markz - 22 May 2016 17:19

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I see you logged on here today

Hows things doing nowadays??

KEEP ON TRUCKING

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Re: From Porn to gembeling

Posted by godgedud - 31 Aug 2018 11:40

Hi market,

just pop in to see what's doing hear I'm bh clean more or less from porn ano gambling business is also finished as complete the pot ,strugeling financially now a life of chalanchegs bh, keep well and have a good shabes

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Re: From Porn to gembeling

Posted by cordnoy - 31 Aug 2018 12:49

[godgedud wrote on 31 Aug 2018 11:40:](#)

Hi market,

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is also finished as complete the pot ,strugeling financially now a life of chalanchegs bh, keep well and have a good shabes

Wow! A blast from the past!

Sorry to hear about your latest issues; Godspeed to you!

Lots of good advice above; I didn't realize kilo was an anti Semite of sorts!; I will ask him next time I see him. Truth is, just thinkin' about the time I saw him brings tears to my eyes. What a glorious few days that was.

I will admitl that I long for another few days like that, sadly, even more than awaitin' mashiach. Strange, sad and my work is cut out for me.

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