

I need help

Posted by joeshmo - 19 Oct 2009 22:10

I am not addicted to viewing porn but I have been going into talk forums and seeking out transgendered people. Im not gay and have never acted out in this way but I feel this "Dirty Talking" and viewing pictures of them is getting to be to much, it fills like its killing me with guilt. I hate getting an Aliyah anymore becuase I feel so terrible. I have a beautiful wife of 20 yrs and I have been neglecting her in the bedroom. Please any advice is appreciated. Toda.

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Re: I need help

Posted by 7yipol - 18 Nov 2009 11:00

Great!

Keep up the good work!

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Re: I need help

Posted by joeshmo - 21 Nov 2009 22:45

I have sank to a new low..I did meet a person and let this person touch me and we kissed...Im upset..I couldn't go through with the whole part and I left..I mad a vow today..I pray that this is my rock bottom..Im sorry

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Re: I need help

Posted by 7yipol - 22 Nov 2009 10:29

Im sorry too Joe.

Not because youve let anyone down other than yourself,

but because you are getting more and more tangled in this web.

Have you looked into live SA groups in your area?

It sounds like you really need the human connection to help you through this, not just virtual GYE.

Perhaps therapy should also be seriously considered.

Joe, we are here for you regardless,

but please, please, get help before you fall further!

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Re: I need help

Posted by joeshmo - 22 Nov 2009 13:44

7up Im going to make it this time..I made a vow and am sickend by my own filth...Im a little freaked out about this and shaken to say the least..Im putting my faith and trust in HaShem 100% at this point in my life..Thanks for your vice..I will keep you up on whats happening..I have been very truthful and this site has helped me so much ..thanks

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Re: I need help

Posted by the.guard - 22 Nov 2009 23:24

Faith and trust in Hashem is not always enough in dealing with sexual addiction. Read the handbooks and find what tools Hashem has given us to use....

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Re: I need help

Posted by joeshmo - 23 Nov 2009 11:44

Guard I have read them and will continue to read them..I believe with me its boardem and being laid off..I believe we all like sex and sometimes it gets to much like a chore after 20+ yrs of sex with the same person..I have to re kindle my bedroom and quit going to ***...I do believe HaShem can help me with my problem..I don't believe Im over the edge but just boared and making excuses..I really do have to Man up so to speak..I love my wife and I love HaShem..I have hit rock bottom and Im going up...the other night scared me to death to tell you the truth..maybe thats what I needed...we'll see. Toda

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Re: I need help

Posted by the.guard - 23 Nov 2009 12:39

Is there anyway your filter can block the sites that lead you to fall?

And/or perhaps a vow not to use that site if an adult is not in the room with you and can see the screen?

I believe we all like sex and sometimes it gets to much like a chore after 20+ yrs of sex with the same person..I have to re kindle my bedroom

It's not so much rekindling the bedroom as it it changing our attitude completely. As long as we don't have full control over our addiction, we want **lust** and no woman will ever be enough for us, not our wife, and not 20 other women either. When we heal from this and start to work on our **giving**, our marriage takes on a whole new meaning.

We can all learn a lot from Dov in this respect. He has posted some really beautiful peices about his marriage, and the transformation his relationship has undergone as he let go of "lust" and began to focus more on living for others... Here are a few powerful posts from him:

- Please read "What can I do for You" in Chizuk e-mail #534 on [this page](#).

- Read also Dov's response in e-mail #550 on that same page as well.

- And read "The Currency of Marriage" in Chizuk e-mail #606 on [this page](#).

- See also this page: www.guardureyes.com/GUE/FAQ/FAQ41.asp

Read also the book "In the Garden of Peace" By Rav Shalom Arush, it can change your life.

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Re: I need help

Posted by joeshmo - 23 Nov 2009 21:19

Guard thanks for the great advice, I did fall today and I updated my chart as usual but I also got called back to work today...so Baruch HaShem on that...now my time will be used for good..Thanks

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Re: I need help

Posted by imtrying25 - 23 Nov 2009 23:05

Happy to hear you were called back to work. hatzlacha in all your endeavors. We are all here for

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Re: I need help

Posted by joeshmo - 23 Nov 2009 23:45

Thanks "Im Trying" that was nice and Im trying to be Holy..Thanks for your kind words..I wish all the people on this site who bare there soul here on a daily basis to conquer there Yetzor HaRa...we can do it..HaShem knows Im trying and Davening so he let me get called back to work today..now this will be over for me..I do believe my nightmare is over..and I pray for us all..we just need to be on guard and hold onto our Tzitzits...we will be victorious..

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Re: I need help
Posted by imtrying25 - 24 Nov 2009 12:21

Wow! Check out the attitude!! Your gonna go far with that. Now i know forsure you aint ni joeshmo! :D :D

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Re: I need help
Posted by joeshmo - 02 Dec 2009 17:48

Im trying to study more and just keep busy..I wish you all the very best and I Daven for everyone here.Have a great day.

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Re: I need help
Posted by 7yipol - 03 Dec 2009 17:55

Thanks for stopping in Joe.

Day 9 is amazing!

Hope youre feeling good about it.

Cant wait to celebrate 90 with you -

-but one day at a time!

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Re: I need help

Posted by imtrying25 - 03 Dec 2009 17:58

Hey joe happy to hear your making progress. I had a really down week so im still trying to get my feet back under me. Keep on pedaling.

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