

Once or forever

Posted by doingtshuva - 19 Nov 2015 11:08

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Hi,

Sadly to say when was I was young Bucher there were Buchrim in my Yisheva who had xxx rated videos.

One of them even lend me his laptop with some Cd's and believe me I became sick.

From then on even though I tried to learn I was craving to see more and more garbage.

You can imagine that it was a secret and I didn't dare speaking with anybody about it. I was lost I didn't want it, wasn't looking for it, and couldn't look on it.

And then one day I couldn't live without it.

Whats going on with me?

Even though for a long time I don't look at porn (99% - every body has some small falls) I still have the urge, It sometimes makes me crazy nervous angry ..... And I could ask myself should I go look just to calm myself? but the answer is always NO it wont calm me anyway.

So what are the solutions?

Thank you for your help.

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Re: Once or forever

Posted by doingtshuva - 23 Nov 2015 19:59

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Shlomo24, Imagine you are on a diet and your loosing wight doing exercise getting the complements and you really look good. Your friends think you have it easy, but you in your hart

know that it's a daily fight of not and not and not, wouldn't you feel miserable?

how long can you cope with this?

The truth is that I'm scared if I'll fall back, my life is so good today that I want to keep it up.

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Re: Once or forever

Posted by ColinColin - 25 Nov 2015 01:00

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doingtshuva

Think about the moments when you want to look at this porn.

Those are the danger moments.

Think about the triggers that make you want to look at it.

Learn to recognise them, then take a deep breath and do some other action....read a book, go for a walk, write, phone a friend, anything else.

Hungry Angry Lonely Tired

These are key triggers to recognise and act upon.

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Re: Once or forever

Posted by doingtshuva - 25 Nov 2015 09:08

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Colin,

This is what I'm doing for the past 2+ years.

I have changed and I have burich hashem long clean strikes.

It wasn't and it isn't easy at all, but it's possible to stay sober almost under every circumstance

in life.

Once I was blaming he and she for my problem, but I have learned that it doesn't matter.

Just get sober and enjoy life. Or choose to suffer with some tiny momentary false pleasure.

But I'm waiting for the day that I won't desire it at all.

It might be that that day will be in my grave, so meanwhile I got to stay sober.

I'm just in a good mood

Thanks God

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Re: Once or forever

Posted by doingtshuva - 30 Nov 2015 11:30

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A week had past and I feel that the urge does fade with time.

Yes I have to be careful in the future.

I have the possibilities to fall at work, I work with almost open @ but burich hashem the Taphsik Methoud [guardyoureyes.com/the-gye-program/20-tools/item/tool-10](http://guardyoureyes.com/the-gye-program/20-tools/item/tool-10) helps not to fall.

Does anyone have experience with [fortifyprogram.org/](http://fortifyprogram.org/) ?

Thanks

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Re: Once or forever

Posted by mggsbms - 30 Nov 2015 15:17

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I second this question the website looks really sophisticated. It also costs money.

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Re: Once or forever

Posted by m58yiw84niym - 30 Nov 2015 19:32

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[doingtshuva wrote:](#)

Does anyone have experience with [fortifyprogram.org/](http://fortifyprogram.org/) ?

While I don't have experience with this particular program, I followed the link and looked at the site for a bit, and while there were some interesting ideas there, I feel like it's important to put out a warning that the website contains a fair amount of what some people would consider triggering material (I'm definitely guilty of looking through the site too thoroughly, for 'educational purposes' of course...), and they seem to be partnered with other "anti-pornography" sites with even more triggering material.

Maybe I'm just a bit paranoid, but I'm a bit wary of an addiction support website with a high amount of triggering material on it...

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Re: Once or forever

Posted by mggsbms - 01 Dec 2015 01:58

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I'm not sure what you're referring to unless you paid and were in the sight itself. I don't think it's a write off though. I would therefore appreciate an educated opinion of the site, and if what it stands for has any merit, as it may well be a help to some people.

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Re: Once or forever

Posted by doingtshuva - 01 Dec 2015 22:51

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Hi mggsbms and m58yiw84niym

Thanks for your response, I wasn't yet on [fortifyprogram.org/](http://fortifyprogram.org/) because you first have to log in and pay. Here on GYE we are for free.

Now about the Kashrus of the site everybody should test himself if t triggers him or not.

GYE recommends [fortifyprogram.org/](http://fortifyprogram.org/) on their home page, so yesh al me lismoch.

[guardyoureyes.com/](http://guardyoureyes.com/) Blue level

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Re: Once or forever

Posted by doingtshuva - 01 Dec 2015 22:58

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You can listen to the forfity program on the Hebrew Gye

[fortify.gye.org.il/](http://fortify.gye.org.il/)

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