

Continuous battle

Posted by Yairbf - 08 Mar 2016 21:33

Hi

I just joined and have been struggling with porn addiction and masturbation for many years.

I have been on a journey to strengthen my relationship with Hashem for 7 years. I was not religious before.

I have been married for almost 3 years.

The problem started before I started becoming religious when it used to be a daily occurrence. It does not effect other parts of my life as I am a present husband and father and am successful in my job. It does plague my mind though.

I have managed to cut down, getting married helped. The issurim, unfortunately just make it more appealing so I have needed to stop threatening myself with all the punishments I am opening myself up to.

I am struggling to drop it completely, I am a young guy who exercises frequently that has a strong desire. My marital sex life, i feel would satisfy most men due to the frequency of sex. I have seen that when I get down it is something I turn to for a momentary upliftment.

I speak to Hashem continuously asking for help and thank him for giving me the strength to get this far in the struggle.

What can I do to lessen the frequency and eventually get rid of the addiction completely?

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Re: Continuous battle

Posted by markz - 08 Mar 2016 21:45

Welcome

I recommend you checking the GPS in my signature

And join a daily call, eg cordnoy's - It's great!!

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Re: Continuous battle

Posted by cordnoy - 08 Mar 2016 23:10

Welcome,

Recovery should be B'hatzlachah.

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Re: Continuous battle

Posted by BenTorah.BaalHabayis - 10 Mar 2016 03:27

Welcome!

There's no magic pill that will make you stop "Cold Turkey". Recovery is a process, where you will come to understand yourself and your struggles better and you'll identify tools and perspectives that will help you. I highly recommend you start by reading the GYE Handbook, and if you have any thoughts or questions post them on the forum and the wonderful chevra here will be able to help you think things through.

Hatzlacha!

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Re: Continuous battle

Posted by guardandimprove - 10 Mar 2016 12:26

Hatzlacha you ain't alone

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Re: Continuous battle

Posted by pischoshelmachat - 10 Mar 2016 14:53

Welcome Yair,

You came to the right place and you will surely succeed if you truly desire to. I had to undergo a paradigm shift about all my relationships before I was able to get on the road to recovery. I had to approach every relationship in my life with pure selflessness.

I always viewed intimacy as a source of pleasure and relaxation for "myself" so although I fooled myself into thinking that I was giving, I was just trying to get. It was difficult to change that and it is all about actions and putting my desires on the back burner and even eliminating them. I found that this type of intimacy is so much more powerful and therapeutic because it is a real bond and connection.

The odd time I allow myself to seek even kosher pleasure it ignites in me a fire that can take weeks of struggle to rip out of my heart.

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