

Is it actually possible?

Posted by Amlsrael - 02 Apr 2017 17:33

I can't keep falling to pgam enayim and pgam habrit anymore, I just can't take this constant battle of up and downs, of falling, going to the mikveh and promising not to do it ever again, and then a few days or weeks or even months later go through the same cycle again. I know the computer is the main factor in this problem but I learn a lot of Torah and I need it for school. I have put filters on it but when I decide that nothing matters and I'm going to follow the yetzer hara I can easily go around the filters. I don't know else to do I've gotten to the point today that I can't continue like this but I don't really know where to go from here. If there is any advice im you can give I would much appreciate it.

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Re: Is it actually possible?

Posted by cordnoy - 02 Apr 2017 17:55

Welcome,

Havel you read the handbook?

Have you read other threads?

B'hatzlachah

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Re: Is it actually possible?

Posted by serenity - 03 Apr 2017 02:03

Yes, it's actually possible. The computer may not be the main factor in the problem. I had this problem and so did many others way before there was computers. There are a lot of tools on this site to help people struggling with porn and masturbation. Maybe give them a try, read the articles, give a call to one of the phone groups. Maybe Duvid Chaim's call will be up your alley.

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Re: Is it actually possible?

Posted by Amlsrael - 03 Apr 2017 05:05

What specific articles do you recommend? I'm not sure what to look for...

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Re: Is it actually possible?

Posted by GrowStrong - 03 Apr 2017 05:27

[Amlsrael wrote on 03 Apr 2017 05:05:](#)

What specific articles do you recommend? I'm not sure what to look for...

When i first got here a few short months ago, I spent hours reading other peoples forum threads and many of the articles on the site whos titles spoke to me.

This site is a massive resource.

Maybe tell us more about your story.

Much hatzlacha.

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Re: Is it actually possible?

Posted by Singularity - 03 Apr 2017 10:35

Welcome! Hope you find what you're looking for!

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Re: Is it actually possible?

Posted by cordnoy - 03 Apr 2017 12:59

[Amlsrael wrote on 03 Apr 2017 05:05:](#)

What specific articles do you recommend? I'm not sure what to look for...

That's exactly the point.

Nothin'l specific. Just read the handbook and the threads. See what speaks to you.

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Re: Is it actually possible?

Posted by LifneiHashem - 03 Apr 2017 13:21

Welcome!

i didn't believe it either, but YES it's possible.

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