

Anyone have a suggestion?

Posted by Bochur14 - 16 Feb 2011 03:38

Hi everyone,

I have a question: I know that before I look at p**n I should really post something here in the "I'm going to fall" forum in case someone can dissuade me, but when I'm already in the grip of the yetzer hara, I don't want to do that -- if I posted something every time the urge hit me I'd probably be doing these aveiros a lo less often, but as I said, at that time, when I have such a strong urge for these aveiros, it doesn't feel like a good idea...

Any ideas for making me post here before looking at p**n?

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Re: Anyone have a suggestion?

Posted by kosher - 16 Feb 2011 04:08

Nobody can MAKE you post (or disuade you from looking for that matter either).

You have to realize that you don't want to look at it and the posting makes it easier not to.

Discussing the issue can make it easier to realize that this is not what you want, but you need to realize for yourself.

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Re: Anyone have a suggestion?

Posted by DesertLion - 17 Feb 2011 00:35

Hey Bochur14,

I have the same problem as you. When I have a lust attack, my desire to feed my lust overwhelms my sense of caution. My YH even tells me, "why do you need to ask those guys on the forum, you know what they're going to say anyway. You're just having a peak, nothing really bad about that come on give yourself a break." We all know that we can't take that first drink as addicts/ex-addicts.

At those times the only thing that could stop me was asking myself whether I wanted to fall at that very moment. Obviously I didn't bc falling hurts a lot, so that usually helped me to eventually forego a soft porn binge. At the end of the day, it's not even posting on the forum that will save you: it's your own conscious decision not to engage in this behaviour because as Kosher says, 'you don't want to'.

I hope that helps.

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Re: Anyone have a suggestion?

Posted by Bochor14 - 17 Feb 2011 00:42

You're right guys, and I want you to know that I made a commitment to myself that I would post here before looking at any p**n -- I really didn't want to but I had decided to and once I posted something and stepped away from my lust for a second I realized that I really didn't want to do this horrible aveira!

I DIDN'T FALL!!

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Re: Anyone have a suggestion?

Posted by DesertLion - 17 Feb 2011 23:11

Congratulations and KUTGW!

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