

new guy on board

Posted by helpfyi - 05 Jun 2011 16:54

Hi, i'm new. i have gotten into bad habits lately and need help. when i was young i spilled a lot of seed but got married and got over it. But as you can understand it came back when i again got exposed to internet porn. i have only spilled seed once but have seen alot of pron and am scared where it will lead. i have crazy thoughts am makes me be unhappy with my wife, obviously she wont do what i see on the porn sites! im a good guy other then that if you can even say that, i help many people grow but now i have to help myself. please send me your tips and comments.

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Re: new guy on board

Posted by helpfyi - 09 Aug 2011 21:24

thanks, i can relate to that, by me the internet is a big no no, my struggle is the street. B"H i'm still "street clean" and its not easy it takes lots of chizzuck!

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Re: new guy on board

Posted by helpfyi - 10 Aug 2011 03:35

[alexeliezer wrote on 08 Aug 2011 19:30:](#)

[Helpfyi wrote on 07 Aug 2011 18:54:](#)

at what point do you stop the neder? i'm still to nervous to stop.

I really can't answer this. I made my neder (not to look and untznius images on the internet) before I discovered this site, and learned that I was a lust addict, not just a weak-willed pervert.

I was struggling on my own to overcome this YH, and nedarim worked. I made them for progressively longer stretches and was always able to keep them. They never stopped me from gazing elsewhere and fantasizing, but they at least took one poison off the table.

I discovered this site in Adar 2-1/3 years ago. At the time, my neder was in effect until after Succos. By the time Tishrei came around, I was on a good clean streak, and I didn't feel the need to renew it. BH I have remained clean. I'm tempted more to look at women and fantasize than to look on the net these days. Internet p____ is just too powerful to mess with.

BTW, thanks for the laugh (the stuff in red cracked me up)!

Shteig on!

Alex

check out my new thread i'm sure you'll like it-

<http://www.guardyoureyes.org/forum/index.php?topic=4290.0>

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