

Welcome all- New Member

Posted by jewishguy - 16 Jun 2011 23:57

:-* Reading the posts of other members, I realize I am not alone, however I can see I am much worse, and older, then some of you out here looking for help.

I am about 40, Good Marriage, well respected in the community (*wrongfully so I may add!*), and have ZERO control over my sexual life. I have done it All with all, (except Jewish Women, which was too much even for me) and as much as I used to think I can take control of myself, I realize I can not.

I am well learned, conservative in Yiddishkeit, but I started every day on Craigs (for the past 10+ years) searching for lonely women, couples and TS and the rest. I had actual relations with all of the above.

I am fast phased... I had my last fall YESTERDAY, Not really a fall since I never have gotten up, joined this forum TODAY, Installed k9 TODAY, deleted all my contacts from my sex email account TODAY and ready to become sober!

However, since my last encounter was a bare 24 hours ago, I feel strongly about recovery TODAY, however I am dead nervous for next week, or next month when I will enter a stage of lust which takes full control of me, my thinking and my actions...

Wish me good luck on this journey.

p.s. I found the site and program from a Craigs post by a recovered member of this site, trying to help other yidden.

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Re: Welcome all- New Member

Posted by jewishguy - 19 Jun 2011 13:05

Resolve is strong... Been thinking all Shaboss on who to approach, I do have one "chavrusa" now but am searching for the close person to trust!!!

Thanks for checking up on me.!

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Re: Welcome all- New Member
Posted by TheJester - 19 Jun 2011 14:01

[jewishguy wrote on 19 Jun 2011 13:05:](#)

Thanks for checking up on me.!

Keep posting on here at least until you find some other support (SA/accountability partner, etc.). But don't put it off.

I respect your resolve - it took quite a bit for me to put that kind of behavior behind me. I am curious as to the trigger, but of course that is your business. For me, it was a growing emptiness, and a desire to live a decent life. Oddly, more "obvious" triggers didn't work (public humiliation, job loss due to employer finding emails, etc.). For me, it truly had to come from within. Of course, the problem with that is that I was dependent upon my own inner resolve, until I found someone (my wife) in whom to confide and be accountable.

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Re: Welcome all- New Member
Posted by alexeliezer - 19 Jun 2011 15:29

Welcome Jewishguy!

My addiction worsened in my 40's. B"H I'm clean over 2 years, chasdei Hashem, and thanks to this amazing community.

You obviously have a degree of self control, as there's only so far you'll go. So the pintele yid is still there. That you don't feel so bad is part of the addiction. When you get clean, you'll feel wonderful.

I'm glad to hear you'll be joining SA, and hopefully you can hook up with an accountability partner.

We're rooting for you here! Klal Yisroel needs you to recover.

Keep us posted.

Alex

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