

starting over with a bigger dose

Posted by shadow - 26 Dec 2011 15:51

Hi...I am in my 20's and starting over with a new angle. I am not new to this site as i get daily emails from it but new to a new approach...a little about myself...about a month and a half ago i joined the forum with the thought that just talking about it would help...It was a start but I was wrong. I had many things going aside from the lust problem and decided to clean some of that (anger and such from my past) so that I could better focus on the biggest flaw of them all. Thank god since then I have let go of many negative emotions and have started to reconnect to god a short time ago. Since then I have installed K9 filter and made it virtually impossable to view porn and xrated content and the password is with someone I trust. I am good with working around such filters and every time since installation I have managed to get around I have repaired the problem so it dosnt ocur again. It has been a week or so since my lust used my computer skill to obtain access to xrated content. It tried but failed to circumvent and I am very happy for that. With all the above said masturbation Is still something that awakens every number of days with or without porn(although with its more powerful and more frequent). Still fighting the good fight but I think i neef to take it a step further by perhaps having a sponser/freind that deals with this addiction also. the ppl I know have been very helpful and continue to be so but some things cannot be understood if one dosnt know first hand....any thoughts and opinions would be very appreciated ...

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Re: starting over with a bigger dose

Posted by shadow in need - 17 Jan 2012 18:18

so...update...still fighting (or trying not to) the good fight...on a victory note though yesterday I had a chance to act out in a way I never have...thank god I had the sense not to cross the line..that said I cant help but feel down a bit since it was my fault I was in that position in the first place...just thought id share...to be perfectly honest I think I need a attitude check...i have tried choking myself of masterbation but its like a clock and once it peaks I run the risk of doing things that are worse then masterbation and scheduling a day in the week is also not something im not satisfied with cause after the deed is done it takes about 24 hrs or so for the lust to go down....so my question is what next? and also another question i got....like drug atticts they go through withdrawl phase and I understand it to be very painful mentaly and physicly ...but from what I hear for some its the way and once its outa their system their system is normalized...point being if I was to choke myself from acting out (taking precautions ofcourse so I dont run the risk of doing something I will regret) will my mind be somewhat normalized(in a sense where I wont feel like its a ticking clock cycle)? would appreciate thoughts on this

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Re: starting over with a bigger dose

Posted by chaimyakov - 19 Jan 2012 16:29

i am too much of a newbie to answer authoritatively, but i have found a tremendous reduction in thoughts, triggers, urges. Each time i just turn it over to Hashem and He takes care of it. When the situation is going to be challenging, i now pray before hand instead of getting caught up in it. i hope this is comforting.

Hatzlacha in all things GOOD.

chaimyakov

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