

new member - first post

Posted by grace4me - 28 Jun 2012 15:41

Hello all,

I am on day 8 of abstinence. Yes I am a lust addict with compulsions toward internet images and mas.... I am in my 50's and have been married or in a committed relationship since age 25. I have had this lust and mas.... "problem" since my teen years. Marriage did not change it. In recent times I was clean for about 9 months but that was my only real success. I slipped up for no good reason, just feeling sorry for myself and allowing the old patterns to return. I generally only last a few days. My self-esteem suffers so much when I am acting out. At least today I feel good about my 8 days of success and making my way on the 90-day wall. Thank you to all who share in the struggle.

signed,

grace4me

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Re: new member - first post

Posted by ontheedgeman - 22 Aug 2012 03:20

Funny I saw the name grace4me, and I was like, hunh, that's a weird name, why wouldn't the Yid have chosen Chen for me (chen is Hebrew for grace... and I guess a chinese last name haha). anyhow from my personal experience, time and time again, what causes me to go into escapism is failing to talk and meeting with my cohorts. writing and praying and doing the stepwork is crucial, but the glue would seem to be meetings.

That being said, to quote Dov the Master, you may not be an addict... maybe you are just a guy who likes ***, hey it feels okay why not. What in your code is the real driver to stop doing this? Just good ol' guilt? or is there some higher spiritual issue.

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