

long term porn addict

Posted by Moshe eyes - 20 Feb 2013 23:44

Hi Guys,

My name is Moshe and Ive been addicted to porn for a long time.

It all started when I was 15 and saw a regular magazine with racy photos by a neighbors house. a few years later I got porn thru the free aol dialup in my house and then in highschool I would go sometimes to my neighbors house and look at porn online. BUT this all wasnt an every day thing for me and I didnt even motze zera UNTIL I went away for beis medrash. Than I started being motze zera to porn 4x a day! for 2yrs.

Finally i got some help and learned not to beat up on myself etc. and the acting out became lest frequent but it still has never totaly stopped.

filters dont help me because i can get around anything and cell phones are very difficult to fool proof.

I want to stop but I never learned how to stop without beating myself up, so now I dont even try.

Please help!!!!!!!

I feel like I will always be addicted!

I hate how after you stop acting out by using the 12 steps, your always considered an addict. my whole life i never even let myself become addicted to coffee and now im always going to be

I think the 12 stpe groups would help me but Im married and dont think I can pull it off(even the phone calls) without my wife finding out. and shes deff not ready to hear.

shkoyach, moshe

=====
=====

Re: long term porn addict
Posted by mr. emunah - 22 Feb 2013 00:55

Dov's the man

he speaks the Bear truth

sometimes it's painful

=====
=====

Re: long term porn addict
Posted by Moshe eyes - 22 Feb 2013 01:03

hahha nice play on words!

=====
=====

Re: long term porn addict
Posted by Moshe eyes - 22 Feb 2013 01:04

[mr. emunah wrote:](#)

Dov's the man

he speaks the Bear truth

sometimes it's painful
Hahaha nice play on words! true that!

=====
=====

Re: long term porn addict
Posted by chaimcharlie - 22 Feb 2013 03:52

Beautifull, Dov. Thanks. CC - stop thinking.

=====

=====

Re: long term porn addict
Posted by Dov - 22 Feb 2013 09:03

[chaimcharlie wrote:](#)

Thanks. CC - stop thinking.
Woah, not "stop thinking," but "*stop thinking **so much***".

=====

=====

Re: long term porn addict
Posted by mr. emunah - 22 Feb 2013 23:31

veg out man!

as Rabbi IAzer says:

"when the brain kicks out, Emunah kicks in"

Ad Dlo Yada!

=====

=====