

Want to stop....with your help

Posted by his8sm1 - 22 Jul 2013 23:30

Hi

I am a lust addict whether it's looking in the street talking at work being opposite women at work or online

I have admitted to myself I am powerless but haven't got to any other step

I would like chizuk because in a few days I know this fresh feeling of hope will go

I tried nedarim going to the mikvah etc to stop but its too powerful

I need a sponsor and to work day by day

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Re: Want to stop....with your help

Posted by chesky - 23 Jul 2013 11:04

Welcome,

Posting here is certainly a move in the right direction.

Yes, this addiction is very powerful and admitting it is the first step. Ask yourself "if I am up against something which is way more powerful than me, what am I doing about it?"

May G-d be with you.

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