

Understanding the behaviour

Posted by nezach - 26 Jul 2013 14:57

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I've spoken to a therapist and given a lot of thought to the issue of watching porn and acting out.

In short, below are a few key points which you may wish to learn from;

It's representing a gap in our lives that need filling. Therefore, try to identify those gaps so that we can genuinely tackle the problem.

For me, sometimes it's about needing to channel a burst of energy (physical or sexual energy), eg by reading or listening to music, etc.

HALT:

Hunger, Anger, Loneliness or Tiredness

These are common situations that may present the problem, so aim try being aware of it.

Also consider this consequences of the problem, and how it will impact our lives in say 12 months time.

Finally, it takes enormous courage to admit to ourselves the gravity of the problem, ie to accept in order to 'let go' or tackle the issue. But here's the point, it takes absolute belief and commitment!

Determination isn't enough, I've learnt that, but consistency helps to 're wire' our brain (thought - behaviour relationship) to improve our thoughts, triggers and ultimately behave in a way that we can have dignity or self respect.

Always bounce back after a fall, show the resilience that's needed and never give up. But it

takes huge effort, a lot of work on a daily basis. I'm now spending say 5-10 minutes a day (maybe more) thinking about what typically happens to me pre fall, during and after in terms of my thinking and ultimately my behaviour.

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Re: Understanding the behaviour

Posted by tryingtoshteig - 26 Jul 2013 16:37

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Welcome nezach, we are happy to have you here!

You made a lot of excellent points in your post, you sound like you could become a therapist yourself one day!

But first, maybe you could tell us a little about yourself and your own story, so we could all grow together.

Keep on posting, and have a good Shabbos!

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Re: Understanding the behaviour

Posted by gibbor120 - 26 Jul 2013 17:10

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WELCOME Nezach,

You make some really good points. I'm glad to hear that you are making progress.

Could you explain what you think about in those 5 or 10 minutes? I would think that it could be dangerous, and actually lead to a fall to think along those lines every day.

Thanks for sharing.

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