

First time caller

Posted by godgedud - 02 Sep 2013 16:19

Hi all

I was watching the forum for the last couple of days as I am porn addict for the last 20 years. Reason I am writing today is, last 12 months my addiction was more or less controlled after I installed K9 on my PC. I really believed that for me (not a IT man) it will be hard to by pass the filter, and have tried all this time to bypass it but I have not been able to see any P video but today I have discovered that you can disable it very easily. Last couple of hours I spent on porn sites r"l.

any suggestion what I can do ? (webchaver is not for me)

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Re: First time caller

Posted by chulentking - 16 Sep 2013 15:45

Ok. Just start all over again.

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Re: First time caller

Posted by skeptical - 16 Sep 2013 21:40

Get up and keep on moving forward!

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Re: First time caller

Posted by AlexEliezer - 17 Sep 2013 00:54

Next time the Y"H (your addict, really) will tell you a different lie to get you to fall.

He has a million lies to use against you.

When an idea comes into your head to do anything questionable, ask yourself where is this coming from?

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Re: First time caller

Posted by cordnoy - 06 Nov 2014 18:40

Although I use slightly different terminology, this simple but thought-provokin' insight is one of the tools I am usin' today.

My lust is directed and focused on wife, but there ain't nothin' I should do about it or even could do about it.

If I let the thoughts fester, it will eventually (sooner, rather than later) end up elsewhere.

so, it's gotta be nipped in the bud.

It is, therefore, a good challenge to myself.

Where da hell is da lust-bug comin' from?

The answer, obviously is: From nowhere good.

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Re: First time caller

Posted by kilochalu - 07 Nov 2014 03:38

[cordnoy wrote:](#)

It is, therefore, a good challenge to myself.

Where da hell is da lust-bug comin' from?

The answer, obviously is: From nowhere good.

maybe that's obvious

and maybe thinking about that will stop it for the moment, but is that enough?

or do I have to figure out where it is really coming from

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Re: First time caller

Posted by cordnoy - 07 Nov 2014 03:41

I am open to suggestions.

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Re: First time caller

Posted by kilochalu - 07 Nov 2014 03:47

sugggestions about if we have to figure it out or you want us to figure it out for you?

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Re: First time caller

Posted by cordnoy - 07 Nov 2014 03:52

no thanks...it's gotta come from me.

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