

Why can't I just stop?

Posted by freedomfighter613 - 28 May 2014 04:01

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I am a 35 years old "observant" Jew. I have everything in the world to be happy. A loving wife, beautiful children, a good job, good reputation, etc. To be fair, I am a generally happy person. But the one thing that makes me miserable at times is when I fall.

Pornography is not an issue for me anymore. I mean I still watch it here and there but I'm "happy" when it's just pornography and nothing else (I started when I was young and I've never been completely sober).

The real issue is when I go on business trips. Once every couple of weeks I have to travel around the US and spend a night or two outside home in a hotel. Even though I don't want to do it, as soon as I'm on my way to the airport I'm already looking on the internet for "things to do" in that area. I'm looking for visitors to come to my hotel room...

The interesting thing is that I don't feel that I want it that much it feels as if I am forced to do it. It became a habit I guess. While browsing online I hear myself begging me to stop. Telling me nothing good can come out of this. Break Free, You can do it. You are better than that. And then for a few minutes that might stop me but then it all comes back again.

Sadly, I usually act on it when I'm traveling and it makes me feel miserable. It makes me miserable. I don't know what to do about it.

I have tried a few different things. I told myself that I would give \$300 to charity every time I fall, I told myself that I would call a friend or family member at the hardest times and chat about life, I told myself I would read a chapter of tehilim at those times. I have tried all this but it did not stop me.

Part of the issue is that I don't struggle with this daily. I feel that if it was daily I could put up a fight but since it is "just" once every couple of weeks as soon as I'm back home I prefer to forget it and tell myself that I won't do it again. but then when I'm traveling again I go unprepared and I end up losing the fight.

It took me a while to write here.. I'm still debating whether to submit or just forget about it. but I really want to stop it. I love everything I have so much and I am so grateful to Hashem for it.. I feel that if I could just overcome this obstacle my life would be soo much better since this is really the only thing that really brings me down. I mean, how could I do this to Hashem? How could I do this to my wife and children??

I will submit this thread and I ask you please help me. What can I do about this? I don't have the means to take therapy - Is this absolutely necessary? Should I share this with my wife? She ).

Please help me..

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would be devastated. She trusts me with all hear heart (I think that I wish she didn't