my story
Posted by bendarka - 04 Dec 2014 21:49

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Hello Everybody,

i discovered the site a few months ago b"h.though i can't stop, it gives me a lot of motivation and hope.

I am 33 years old and single.

i turned into pornography when i was about 17.i thought the porn stories and fantasms were funny but i have to admit that with time they re really not. with age i started to see more and more porn, got even caught some times and still cannot stop this behaviour.

pornography has become to me not only a pleasuring way , but also a way to escape from reality and to live (or not live rather) in an absurd world:(.

I have been trying to stop several times not aware of this addictive pattern.

after having searched a lot ,discussed with psychologs it turned out that thanks to that website i finally understood the problem i had. though very painful to admit the addiction, i had at least discovered a perspective b"h.

i started to dign to the 90 days, that i cant manage for the moment ,and addprogressively different tools.

I am really happy to have found a community to share with.

I wish for everybody refoua shelema and harbe hizouk!

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Re: my story
Posted by cordnoy - 05 Dec 2014 02:29

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Welcome

Your road to recovery should be blessed with hatzlachah.

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Re: my story
Posted by ted - 05 Dec 2014 02:53

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Welcome. Good luck and keep strong.

get involved in recovery meaning the 12 steps and the big book it will really help you.

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Re: my story
Posted by gibbor120 - 05 Dec 2014 03:09

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Welcome! You are in the right place. Check out some of the links in my signature. "dov quotes" and Dr. Sorotzkin. They helped me a lot.

Keep posting!

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Re: my story
Posted by dd - 05 Dec 2014 03:53

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Hi Bendarka!!!

Great thing you joined the forums they are a very useful tool to the road of recovery. So hope to see you around and hear from you often.

Keep Up The Good Work KUTGW!!!!

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Re: my story
Posted by doingtshuva - 05 Dec 2014 17:57

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Welcome, I wish you lots Hatzluche in recovery.

With hashems help you will find your right Zivug very soon.

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Re: my story
Posted by pischoshelmachat - 08 Dec 2014 03:50

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Welcome Reb Bendarka,

May we all have hatzlocha together in this struggle.

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Re: my story
Posted by lavi - 08 Dec 2014 12:46

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hi bd.

keep on posting.

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Re: my story
Posted by kilochalu - 09 Dec 2014 04:31

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WELCOME!

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