

Introducing Myself

Posted by wowchizuk - 29 May 2015 03:21

Hello Chaverim,

Ive been dealing with a porn addiction for about 8 years now. Im 22 and single. I try my best not to watch. I tried all different types of filters. Made my way around all of them. I watch about on average about three a week. Some times less depending on how much Torah I am learning and how busy I am. My longest clean steak was about 3 months! Which took place exactly one year ago. I want to beat that steak and this time keep the steak going ad 120 years!

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Re: Introducing Myself

Posted by pischoshelmachat - 01 Jun 2015 21:22

Wow!! You are very wise and fortunate to have made the decision at 22. I unfortunately waited way too long. But as painful as the past is, I am focusing on the future because that is all I can control. I will leave the past to HKB"H who anyway is granting me the future one day at a time.

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With the help of GYE and fellow yiddim I will be mazliach.

Re: Introducing Myself

Posted by neshamaincharge - 01 Jun 2015 22:56

[onwardalways wrote:](#)

(Feeling very afraid to post this)

Hi,I'm new to the group but not to 12 step programs. I've been in and out of OA for years. I'm wondering if anyone has any thoughts about the connection between the desires for lustful pleasure and the desire/addiction to food. I remember their being some connection, with them

both being based on the midah of Yesod. I have this feeling that if could get one of these under control the other one would fall into place too. Anyone?

Worked for me. Didn't help overnight, but training yourself that you're a human being that can make choices, is a good thing.

As the kotzker said:

????? ???? ?? ?????-???

the ability to say "no"

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Re: Introducing Myself

Posted by cordnoy - 02 Jun 2015 14:07

Welcome

there is a time that we all have the ability to say "no."

But, however, for some of us, there comes a time (due to many variables) where we cannot say "no."

God help us then!

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