

My yet uncontrollable addiction

Posted by Strugglingtomakeit - 21 Aug 2015 02:24

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I'm not new to gye, but new to posting in the forum, I've had trouble for sometime but could find a way to help break me free from it. It's been a very hard struggle, I started with the porn when I was 12, the masturbation started before that. Every time I Start making any head way, i end up right where i started.

On a side note can anyone tell me the Difference between a "Slip" and a "Fall"?

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Re: My yet uncontrollable addiction

Posted by markz - 07 Oct 2015 03:15

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Cordnoy, our man S2makelt has a point. I myself haven't begun der veiser book only because I feel I'm BH succeeding w/o it.

But someone that does want to progress, are there any substitute books that are less dry or more succinct out there? Or are there specific pages / chapters that can be skipped

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Re: My yet uncontrollable addiction

Posted by cordnoy - 13 Oct 2015 00:18

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[markz wrote:](#)

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But someone that does want to progress, are there any substitute books that are less dry or more succinct out there? Or are there specific pages / chapters that can be skipped

No

Try it and skip what you like, or don't try it at all.

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Re: My yet uncontrollable addiction

Posted by Shlomo24 - 13 Oct 2015 00:21

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I was once reading the white book and it got too triggering for me, so I put it down and paused the reading. Even though it is a book of recovering from sex addiction, it can still trigger me to act out. So I waited until I had a clearer mind. I have found the groisah buch to be really helpful though, and it's a good read, Harav Bill has a great writing style.

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Re: My yet uncontrollable addiction

Posted by Strugglingtomakeit - 01 Jan 2016 02:37

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yea so White book, still Long, still Boring, still have Not Read!

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Re: My yet uncontrollable addiction

Posted by markz - 01 Jan 2016 02:43

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[Shlomo24 wrote:](#)

I have found the groisah buch to be really helpful though  
Look, Shlomo is a pro so I think if you also have a groise boich that can help

I know of a guy that found Bava Basra too big and daunting

But he was **determined** to achieve

So he went to a book binder, sliced it in half, and took OHAAT

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Re: My yet uncontrollable addiction  
Posted by cordnoy - 01 Jan 2016 13:31

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[Strugglingtomakeit wrote:](#)

yea so White book, still Long, still Boring, still have Not Read!

Bravo to you!

I'm glad you found something that controls your addiction. do share please.

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Re: My yet uncontrollable addiction  
Posted by Strugglingtomakeit - 02 Jan 2016 23:26

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haven't found a complete success, but when i do it cuz ive been keeping very busy

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Re: My yet uncontrollable addiction  
Posted by markz - 02 Jan 2016 23:48

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[Strugglingtomakeit wrote:](#)

lo and behold after writing this topic which is why i was hesitant, i had a fall

There's 2 long standing traditions in guard your eyes

1- if there's a will there's a way

2- do what works

It's disconcerting to hear negativity

We need positivity - please let us know what does work for you

[Strugglingtomakeit wrote:](#)

yea so White book, still Long, still Boring, still have Not Read!

So read the GPS manual in my signature, it's only as long as the cover page of the white book

I love you, and only hope the best for you

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Re: My yet uncontrollable addiction

Posted by Strugglingtomakeit - 26 Feb 2017 10:23

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I am currently in my longest streak, since I was in Israel. I am also currently extremely depressed, on top of that I got some potentially unsettling news. At this point I feel like just breaking my streak, just to feel a rush of serotonin, just to feel somewhat happy again even for a little while. Anything that would help. I am really struggling now. At times I just want to end everything, end all the feelings. It all hurts so much. I feel like I'm being pushed away, and hard,

it hurts to think the last few weeks I've been trying to change my ways, and to feel like this,

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doesn't help.

Re: My yet uncontrollable addiction

Posted by Watson - 26 Feb 2017 10:36

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I'm sorry to hear that.

This to shall pass.

Acting out will only make you feel worse right after.

How you feel is temporary.

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Re: My yet uncontrollable addiction

Posted by GrowStrong - 26 Feb 2017 11:00

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Try sprinting to nowhere until you cant breathe anymore. You will very likely fill those receptors up just as well.

On the walk back pat yourself on the back.

What Watson said is just emes.

The split second hit of seratonin wont be worth the hours of self hate after compared to not doing it and knowing you got through it..

That seratonin will stay in your blood forever.

As for the unsettling news, as we have been saying here recently - real life is a lot tougher when you don't have the crutches to fall back on.

It should turn out to be for the best, which as we all know, is the only way Hashem works it.

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Re: My yet uncontrollable addiction

Posted by Singularity - 27 Feb 2017 10:13

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Sorry to hear.

What you currently doing? Ie working, university, yeshiva? Do you feel fulfilled? Any goals worth setting?

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