

HELP ME

Posted by Fb2016fbt - 26 Feb 2016 05:48

Hey I'm 23 and I was suggested writing my own thread and then that would help me get my self out of the wreck that I am!!!

=====
=====

Re: HELP ME

Posted by markz - 06 May 2016 21:18

BB POST OF THE CENTURY

agree?

=====
=====

Re: HELP ME

Posted by Fb2016fbt - 08 May 2016 03:19

No I'm not looking for a model, I just worry that since unfortunately, I've seen plenty of p*** in the past I will end up being very picky???

=====
=====

Re: HELP ME

Posted by Shlomo24 - 08 May 2016 03:45

[Fb2016fbt wrote on 08 May 2016 03:19:](#)

No I'm not looking for a model, I just worry that since unfortunately, I've seen plenty of p*** in the past I will end up being very picky???

I find one of the perks of being a sex addict is that everyone is so damn beautiful. Needless to

say, not what I'm worried about.

=====
=====

Re: HELP ME
Posted by markz - 08 May 2016 04:00

[Shlomo24 wrote:](#)

[Fb2016fbt wrote:](#)

No I'm not looking for a model, I just worry that since unfortunately, I've seen plenty of p*** in the past I will end up being very picky???

I find one of the perks of being a sex addict is that everyone is so damn beautiful. Needless to say, not what I'm worried about.

No no no no no no no no !! !! !! !!

If I turn on my 'addict' / sexaholic mindset, some are beautiful and some are damned. NOT everyone is damn beautiful

=====
=====

Re: HELP ME
Posted by Shlomo24 - 08 May 2016 13:38

Everyone is damn beautiful as a sex addict, believe me, when I'm down in the dumps, everyone is a freaking supermodel. I don't discriminate. Girls especially, all girls, (well not all, but most), are gorgeous.

=====
=====

Re: HELP ME

Posted by markz - 08 May 2016 13:40

[Shlomo24 wrote:](#)

Everyone is damn beautiful as a sex addict, believe me, when I'm down in the **dumps**, everyone is a freaking supermodel. I don't discriminate. Girls especially, all girls, (well not all, but most), are gorgeous.

Got it

I will stop promoting Dump Trucks

=====
=====

Re: HELP ME

Posted by Fb2016fbt - 13 May 2016 21:29

Wow wow wow

today being a long Friday gave me tons of free time and I was super close to falling and I'm on a streak of clean days. What caught me was he fact that I realized that acting out wouldn't accomplish anything besides setting me back.

Bh is all I could say

=====
=====

Re: HELP ME

Posted by OTR - 15 May 2016 02:57

FB this is an awesome post and it's great that you put it out there. Some food for thought-

Porn ruins my marriage as it DOES create an expectation in my mind that is not reality. When I

say that, (without getting too graphic) I don't mean that being with my physical relationship is not filling my needs. It is. But porn creates the expectation of unbridled sexual desire with no commitment, no relationship and no other connection. On the one hand that expectation is very appealing, but it's totally not what reality is. Women work much differently than men. They are in it for the emotional part of sex. - But when I clean the porn ideology out of my head, things are better. I appreciate the emotion of my relationship and all that it offers. The acts of chesed I do for my wife make me happy as do her for me, and we both feel that positiveness in our physical relationship.

As far as the beauties of porn queens.... not all of them are beautiful to me to be honest. I sometimes find myself attracted to porn that has nothing to do with overall beauty but has more to do with a particular fetish, race, or some other motif dejour. If you think that porn is your real needs, then yes, you will find an endless problem in being married. Because marriage will not be like porn. But in reality, if you think about it, I think you will realize that what you are looking for in porn is not your real need in life. You DO have needs and SHOULD make SURE that your wife is attractive to you. But, if you are a healthy person in general (in spite of being an addict) something in you will tell you, 'this person is attractive enough to me' And although she may not be a porn queen, she will appeal to you. And that's all that you need to get started.

The above is some of the usual stuff you hear to answer your question, but there is another side of this. To be frank, my wife was never as good looking in terms of physical appearance as porn queens. She has a few extra pounds maybe not always the best skin in the world.... But guess what... I am sure I am not as physically appealing as every man she ever met or seen either. Try thinking about that perspective- yeah... I am not as muscular, broad, thin and physically attractive as other men. These men may be images in a Calvin Klein ad in New York, or a guy at the local supermarket. Either way, she does love me because of who I am to her- does she not deserve the same? Do you honestly think that you are the best looking thing she will ever set her eyes on? Or do you have more to offer?....I am sure you feel you have more to offer and DO have more to offer.... So does she.

There is a lot more to say on this topic as well. These are just a few thoughts that came to mind.

=====
=====

Re: HELP ME

Posted by Yesod - 15 May 2016 04:55

Great piece OTR, keep stuff like this coming

=====
=====

Re: HELP ME

Posted by Fb2016fbt - 04 Jul 2016 20:32

Hey I kind of fell off the map bec j had 2 week streaks of being clean and I thought that I had beaten the sickness, until today where I realized that I am at the same spot as before. 2 weeks was big bec I usually leases around 7-9 days and j had a couple streaks of 14-19 days.

Whenevr I read other people's forums I get nervous from the fact that they run their lives and marriages bec of porn, but it doesn't stay with me for a while. I freak it while reading them but then I all of the sudden seem to forget about it or just don't care about it when in fact I don't want that type of marriage.

I feel the same way when I read the white book, I'll get chizuk bshaas maaseh and then just totally forget about it later.

I really do want to get back up and fix myself up, Any suggestions?

=====
=====

Re: HELP ME

Posted by Watson - 04 Jul 2016 22:23

[Fb2016fbt wrote on 04 Jul 2016 20:32:](#)

I really do want to get back up and fix myself up, Any suggestions?

How much of a problem is all this to you? How far would you go for a solution?

=====
=====

Re: HELP ME

Posted by gibbor120 - 05 Jul 2016 15:33

What have you been doing until now to stay sober? Streak Shmeek. Don't worry about streaks. Worry about living sober. Read the handbook. Post on the forum. Read dov quotes in my signature...

=====
=====

Re: HELP ME

Posted by Fb2016fbt - 05 Jul 2016 17:38

That's the issue, I don't know how far I'm willing to go and I'm only gonna realize how far I should go when I get into big trouble

thos sounds ridiculous but I have no interest in joining a group or seeing a therapist

i took an online porn addiction test and it said I wasn't addicted so I'm not interested in doing anything drastic

but I do want to stop acting out in general

=====
=====

Re: HELP ME

Posted by Fb2016fbt - 05 Jul 2016 17:39

I've read the handbook, I've posted online and read many forums...

=====
=====