

Advice please

Posted by wanttogetbetter550 - 18 Mar 2016 11:51

hi

i have porn addiction since my yeshiva years and have managed to stop for long periods but without complete success I have a wonderful marriage and I have admitted to my wife that I have an addiction but not how deep it is or how bad the videos are

she is obviously upset but we are deeply bonded and she is supporting me all the way however I feel a little guilty that I haven't told her that it's really porn (I told her girls in underwear videos)

but at the same time don't really know if telling her is going to help me

any advice??

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