

its about time

Posted by take it easy - 17 Jun 2016 06:00

Hi I have been around awhile but was to shy to post. I'm 21 learning in yeshiva and struggle with both porn and jo I have stop for long times (more then 90 days) and I fall now on occasion. I feel that do to the fact that I have jo to porn I will only jo with porn and if I don't have porn I won't jo does any feel the same way?

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Re: its about time

Posted by proudchabadnick - 17 Jun 2016 06:08

not sure what 'jo' means, but its great that you are trying to figure things out before you get older...

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Re: its about time

Posted by markz - 17 Jun 2016 11:25

Welcome to TRUCKING!!

Yes I relate to what you say, and on occasion I would go out of my way to find porn for that reason

Is filtering devices or Taphsic the all encompassing solution for you?

perhaps

What has worked for you in the past?

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Re: its about time

Posted by cordnoy - 17 Jun 2016 11:33

Welcome,

Nice of you to open up.

What would be the difference regardin' how others feel about it? Do you wanna stop?

B'hatzlachah

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Re: its about time

Posted by Birshusi - 17 Jun 2016 15:17

Another bochur!

Welcome!

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Re: its about time

Posted by gibbor120 - 17 Jun 2016 18:02

WELCOME! Mazal tov on posting. It can be hard at first, but here I am about 4,500 posts later. Hmmm, Not sure what happened.

If you have an urge, you will find a way to access porn. Different people have different experiences with porn and masturbation if they do both, one or the other, and which one drives

which. In any case, the tools for recovery are the same. Stick around. Read the handbook. Keep posting. It does get easier.

It's worth it.

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Re: its about time
Posted by serenity - 17 Jun 2016 20:40

Glad your posting. Hope you have much success.

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Re: its about time
Posted by take it easy - 17 Jun 2016 20:51

Thank you all for responding. I am here for the chizuk not to fall back when i feel its getting easier and for ideas to continue in my sobriety. I have read a lot of the hand book and many of the other books gye has to offer I also started the ftn guideline book. I was able to hold up by limiting most of my internet access and a lot of will power

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Re: its about time
Posted by shmiraachaim - 17 Jun 2016 21:03

Hey take it easy.. Your name is one of the biggest mussers for me! Thanks!

Perhaps the "hitting rock bottom when your still up" GYE concept is relevant to you. Meaning see how bad this thing is and stop where your at. Seems like your going to be doing a good job. Hope you do well on your journey. Don't know too much myself but what helped me was to keep on posting and saying more about myself, and seeing what experienced people have to say on this. Hatzlachah!

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