

New here

Posted by hudaugen - 15 Jul 2016 11:02

Hi

I am new in this forum although already a few month on GYE. The last time I watched porn was on the first of January 16, when my wife saw it. I installed a filter and especially blocked the sites I used to visit and after a few weeks the desire to see these websites is B.H. much less. I have probably been addicted since about 13. today I see a therapist twice a week who helps me a lot and I can only suggest to everyone to do that. I see myself totally different and once I saw what my problem is I realised how many other people have the same problem.

I hope my addiction will get less with time.

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Re: New here

Posted by Markz - 15 Jul 2016 12:33

Welcome

Getting caught is ouch

Porning is worse

Therapy is awesome

Guys think "me crazy? I'm gonna go to a psychologist?"

Guess what! He's a human being just like you, and even has what to learn from you

So guys (I'm addressing a few gyes specifically) get yourself precious advice inspiration and get a life

If there's a small chance Therapy can help, it's worth a lot more than the \$100 or \$300/hr the therapist may charge, although I know you'll reply "well porn is cheaper"

Its your choice buddy

Feel free to join cordnoy, hudaugen, and many others in recovery with therapy sessions

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Re: New here

Posted by shmirashachaim - 15 Jul 2016 14:12

Welcome! I as well went to therapy, and I found it to be helpful. It took some time to find a good therapist though. Hoping to hear what you have learnt.

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Re: New here

Posted by hudaugen - 18 Jul 2016 13:07

thankfully my wife is in the meantime supportive - lucky me. Without support you don't get very far.

The therapist asked me how much i can pay him as the insurance only pays part, so i told him if we can get to the bottom of the problem its worth much more.

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Re: New here

Posted by gibbor120 - 19 Jul 2016 17:05

Welcome! Keep posting. Let us know how you are doing.

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