

Trying this

Posted by Mikveh - 18 Jul 2016 05:06

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Hi.

I'm new to this website (from around 30 mins ago) mind blown by the concept and truly hoping it's gonna work for me.

I am a married 25 Y/O guy been married now for 3 years i have a kid and I am a total addict to porn, my addiction itself started when was 16 years old when I finally got out of the retarded system I was in with all the sheltering and abuse that they had there (this includes my family too) and went looking for what I was missing and that is when I found pornography.

I think in the begining it was more of interest to see what is out there and more and more it turned into a cover up for all the burning flames inside me that no matter what I do will nnot turn off.

I have tried many methods of stopping myself from watching porn and I think int he past I hit around 30 days straight but that was long time ago and that has long past, these days if I pass 3 days without watching it's a dream and it barely happens.

Just as a background if you would see me in the street you would see a very popular guy that anyone who meets me wants to be my friend and a very successful business man, but inside I'm frikin dying literally hit my giving up point long time ago and if not that I had a wife and kid relying on me I would not have a life right now, God knows where I would be.

So after all of that rant, here is to me hoping that i finally found something that can help me.

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Re: Trying this

Posted by cordnoy - 18 Jul 2016 06:05

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Welcome,

Sorry to hear that, but that's why we are all here.

Care to expound on all the methods you have tried in the past?

This can help us and you focus on the future.

B'hatzlachah

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Re: Trying this  
Posted by ben durdayah - 18 Jul 2016 06:36

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Welcome!

There are plenty of great tools and people here to help.

Hatzlachah

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Re: Trying this  
Posted by Markz - 18 Jul 2016 10:31

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Welcome!

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Re: Trying this  
Posted by Mikveh - 18 Jul 2016 13:19

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[cordnoy wrote on 18 Jul 2016 06:05:](#)

Welcome,

Sorry to hear that, but that's why we are all here.

Care to expound on all the methods you have tried in the past?

This can help us and you focus on the future.

B'hatzlachah

I have tried the following and more support group with a few good friends that were all trying to get out of watching porn (worked for probably the longest time for like 30 days), making a big party after 30 days for friends (was nice but a day later I as back at it), I tried therapy (didn't help at all), I tried cold showers (helped for 20 mins if not less), I tried learning/saying tehilim before (never helped), I tried filters (I'm very advanced in technology so it was just a challenge for me and it became way more of a interest for me to watch, there was never a filter that I installed that I didn't manage to get through or around) I have tried making a Shvu'ah that I'm not gonna ever motzi zerah levatalah for 3 month (it's was bad I included that kol nidrei cannot be matir it, and this is the only thing I know for sure I'm going to hell for big time), I once even broke my non kosher phone (when I as still using kosher phones too, took me a day to find a new device).

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Re: Trying this  
Posted by ben durdayah - 18 Jul 2016 13:26

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Wow, that is quite a long list.

It seems that you have tried many things to kick your habit with little success.

What are you planning on doing differently now that you have joined the site?

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Re: Trying this

Posted by Mikveh - 18 Jul 2016 14:49

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[ben durdayah wrote on 18 Jul 2016 13:26:](#)

Wow, that is quite a long list.

It seems that you have tried many things to kick your habit with little success.

What are you planning on doing differently now that you have joined the site?

Well the main issue I have had until now is that since I got married besides for one rabbi I didn't find anyone that I could talk to about this (he is very helpful but there is a limit for what he could do at the end of the day, though he did send me to here).

So my first hope is that on this site i can anonymously get the support I need which I'm hoping will make a big difference, I'm also putting some fate in the taphsik method and I'm aiming for the 90 days which I've never tried before, and in the same time I'm desperately searching for a therapist that will help me out with my personal issues on the side, so I'm hoping that by combining all of these together I can actually over comes this addiction for once and for all.

One thing is for sure I am going all out to make sure I stop with this.

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Re: Trying this

Posted by cordnoy - 18 Jul 2016 14:50

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Thank you.

Can you explain the support group?

Who were the other fellows?

Were they sober?

Regarding therapy, there is always mixed feelings. Did you open up completely? Was therapist a specialist?

Have you read the white book?

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Re: Trying this

Posted by Mikveh - 18 Jul 2016 15:27

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[cordnoy wrote on 18 Jul 2016 14:50:](#)

Thank you.

Can you explain the support group?

Who were the other fellows?

Were they sober?

Regarding therapy, there is always mixed feelings. Did you open up completely? Was therapist a specialist?

Have you read the white book?

The support group was a group of friends who were all addicted and we were all having a go at stopping together we would talk about ideas we heard and try them we would go out on nights that one of us was about to fall to keep him busy and so on, nothing intense, nothing professional just a group of friends that had enough.

In therapy I did open up completely, but there are a few issues the first one is that I have been through a lot of abuse and a death in my life that effected me and I'm covering up for them by watching porn, so the therapy is more for taking care of these issues so I can have less triggers but it takes a long time and last time I went I was paying for it on my own (I was single and my parents were 100% broke and i did not want anyone to know) so I couldn't pay for more then half a year of it which only got me to the tip of the ice Berg, also since I as paying for it on my own I needed to go to someone that was training so it wouldn't cost me so much so he wasn't a professional. The main work we were doing was focusing on the past and not on the addiction.

what is this white book you are talking about and what's inside it?

Thanks

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Re: Trying this

Posted by cordnoy - 18 Jul 2016 15:37

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Sorry to hear about all that.

Check out the white book in my signature.

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Re: Trying this

Posted by Mikveh - 18 Jul 2016 16:07

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[cordnoy wrote on 18 Jul 2016 15:37:](#)

Sorry to hear about all that.

Check out the white book in my signature.

Thanks I'm gonna take a look at it later tonight won't let me open it from my phone.

I would love to hear ideas and thoughts of any tools that people here think could help me. I'm going through the site trying to join everything but I would love to get a feel of what's the good stuff I should focus on.

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Re: Trying this

Posted by bsimcha - 18 Jul 2016 19:03

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hi Im also 25 and dealing with porn addiction since ninth grade, b"h thanks to gye and all the thing I read I haven't masturbated in 7 month and watched porn only couple of times in that time period. I wish you success in your surge forward! there is no quick fixes but our yearning and trying is something not to be taken lightly.... the taphsic method worked wonders for me (though it may need to be tweaked a couple of times till you cover all your weak spots), also spending time in seclusion recognizing the love hashem has for us and opening up to him like a child with full emotion asking him for help has help me a lot.

chazak!

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