

Introduction and background of my struggle

Posted by StrugglingStefan - 12 Sep 2016 16:22

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A little background:

I started out as an adolescent in the early 70's looking at my oldest brothers Playboy mags, and continued as the mags (Playboy and others) got more graphic.

When I became more sexually active in my mid twenties to early 30's there were months long periods when I did not indulge in porn. I found I was more successful with women when I laid off porn.

I was married in the early 90' and used porn mags off and on until my son was born and then laid off it for a preiod of years. It was easier to stop then because I just had to quit buying magazines.

Then in the early 2000's I got online and it beacame WAY more available and easy. And the attraction of videos made it much more difficult to resist and the double life began. There were periods of no porn and during those periods my wife and I seemed to get along much better as though she could sense something or maybe subconsciously I acted differently. But we definitely began to drift apart to where we hardly spoke.

She cut off sex and I did have periods of no porn but nothing changed and we divorced about 5 years ago. Since then I've had periods of no porn, and have tried filters but can't seem to find one that

works on all devices (tablet and laptop) so I always go back. I now have a flip phone w/ talk and text only.

Anyway, I want to stop this once and for all, and am convinced that stopping will help me in my relations with women, and want to do the 90 day re-programming, but will need support to do it. I do not have trouble meeting women but I know that

porn will interfere with deepening any relationship not to mention it will interfere with good healthy sex.

As for my use it mostly was solo stuff, I never used at work or anywhere but in private. The privacy and ease of access is what makes it so hard to resist. I look forward to this journey and

believe that GYE will help me overcome this addiction once and for all.

Thanks!

Stefan

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Re: Introduction and background of my struggle  
Posted by pischoshelmachat - 12 Sep 2016 17:34

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Welcome Stefan,

You definitely came to the right place for support and guidance down the road of success, serenity and freedom.

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Re: Introduction and background of my struggle  
Posted by gibbor120 - 12 Sep 2016 21:02

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Welcome! Check out the handbook. Keep posting.

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Re: Introduction and background of my struggle  
Posted by StrugglingStefan - 03 Nov 2016 17:48

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Filters are all installed and I've started the 90 day chart (on day 3) and am highly motivated. I like the way the levels are set up because it seems like there is a new level just at the number of days that I've fallen in the past when I've been on my own. Thanks for the support!

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Re: Introduction and background of my struggle  
Posted by cordnoy - 03 Nov 2016 17:50

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Keep it up.

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