

help

Posted by jcjc1 - 04 Dec 2016 16:21

Hi,

I struggle with watching porn. I don't watch it everyday but usually at least once a week and I want to be clean free

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Re: help

Posted by Markz - 04 Dec 2016 16:42

[jcjc1 wrote:](#)

Hi,

I struggle with watching porn. I don't watch it everyday but usually at least once a week and I want to be clean free

Lots of Free Clean stuff below.

And welcome bro!

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Re: help

Posted by Singularity - 05 Dec 2016 13:55

Welcome! Once a week? 6 days clean! Now work on it!

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Re: help

Posted by Baruch_Hashem - 05 Dec 2016 14:32

Welcome. There are many great people and resources on GYE that can help with your struggle, but it is ultimately up to you to change. It sounds like you are ready! Have you figured out what may or may not work for you in this challenge?

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Re: help

Posted by Yosef Tikun HaYesod - 05 Dec 2016 20:18

I think the last post pretty much sums up what I wanted to say!

There is a ton of stuff on this website.

You've come to the right place.

But the work you have to do is not going to happen on its own...

Reading articles and posts of those succeeding.

Listening to shiurim and internalizing the messages presented.

Joining the 90-day chart and updating it at least a few times a week.

Getting rid of your computer's ability to go to all explicit stuff, so you don't get tempted/triggered.

Help is here for the taking. But you have to take it.

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Re: help

Posted by gibbor120 - 05 Dec 2016 22:32

Welcome! Read the handbook. Keep posting.

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