

This is going to be tough.

Posted by Mekeamcha - 11 Dec 2016 23:58

Not only do I visit pornographic sites occasionally but I've gone to a massage place and received a happy ending. I feel really bad. If anyone here has experienced the same, please message me privately. I need help and support and I've tried to stop on my own to no avail.

im (happily?) married... with children all unde let the age of 10.

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Re: This is going to be tough.

Posted by cordnoy - 12 Dec 2016 00:19

Welcome,

Many have been in a similar boat.

Some are not anymore.

What have you tried in the past to stop?

Glad to have you here.

Don't be a "hit n' run" type of guy. Stick around a bit.

B'hatzlachah

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Re: This is going to be tough.

Posted by Shlomo24 - 12 Dec 2016 00:44

Welcome. There are others like you here. While I have never been to a massage parlor, I have had anonymous sex with others and I don't anymore. At least I haven't since the summer.

Hatzlacha.

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Re: This is going to be tough.
Posted by Markz - 12 Dec 2016 01:22

Welcome

Stick around, reach out, it may not be as tough as it seems

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Re: This is going to be tough.
Posted by 360gye - 12 Dec 2016 03:26

Welcome,

Please stick around and keep us posted on what happens, for good or bad.

I'm sure you'll find help here

Good luck on your journey

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Re: This is going to be tough.
Posted by Singularity - 12 Dec 2016 13:21

Welcome brother.

The plight sounds tough. May you find solace in our oasis.

Re: This is going to be tough.

Posted by Watson - 12 Dec 2016 19:16

[Mekeamcha wrote on 11 Dec 2016 23:58:](#)

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Welcome.

I am also a happily married man. That doesn't seem to stop me. I act out regardless of the damage I do to myself, my relationships and family.

I'm glad you concluded that you cannot stop on your own. I found that out after years of trial and error. I'm glad you're here.

One question I have for you is what you mean by occasionally. Everyone has a different idea of what occasionally means. For how long do you watch when you watch? When you start, do you find you cannot stop until you've finished masturbating?

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Re: This is going to be tough.

Posted by gibbor120 - 13 Dec 2016 16:01

Welcome! You are far from alone. Our specific ways of acting out are not so important. We are all addicted to one degree or another and have some MOs that are similar and some that are different. The dynamics of addiction are similar. Check out the handbook. See what works for you. Keep posting here.

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Re: This is going to be tough.

Posted by Mekeamcha - 14 Dec 2016 14:48

can u please PM me? thanks!

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Re: This is going to be tough.

Posted by Markz - 14 Dec 2016 14:50

brother - who was that question directed to?

PM is a little inconvenient. Do you have email address?

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Re: This is going to be tough.

Posted by Watson - 16 Dec 2016 14:41

Mekeamcha, please keep posting, please get all the help you need.

I don't want to sound morbid, but I also don't want to make light of this, you're in serious peril.
Don't let go of you life preserver.

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Re: This is going to be tough.

Posted by cordnoy - 19 Dec 2016 15:47

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