

Shaking off porn

Posted by yoeldc - 08 Feb 2017 11:19

b'sd

Shalom aleichem,

I have be free from masterbation b"h for almost a year and a half. I still look at pornography, sometimes extensively. I consider myself a lust addict and work the 12 steps.

Help and encouragement welcome.

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Re: Shaking off porn

Posted by cordnoy - 08 Feb 2017 12:46

Welcome,

Recoveryl should be with hatzlachah.

You must be a strong fellow.

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Re: Shaking off porn

Posted by Markz - 08 Feb 2017 13:51

[yoeldc wrote on 08 Feb 2017 11:19:](#)

b'sd

Shalom aleichem,

I have be free from masterbation b"h for almost a year and a half. I still look at pornography, sometimes extensively. I consider myself a lust addict and work the 12 steps.

Help and encouragement welcome.

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Hi - great to have you share on the forum after 5 years. Some gyes never do

Would you like help with shaking or stepping?

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Re: Shaking off porn
Posted by gibbor120 - 09 Feb 2017 21:38

Welcome! Check out the handbook. Keep posting.

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Re: Shaking off porn
Posted by Singularity - 10 Feb 2017 07:45

[cordnoy wrote on 08 Feb 2017 12:46:](#)

Welcome,

Recoveryl should be with hatzlachah.

You must be a strong fellow.

strong to see porn and not masturbate for so long?

Welcome, brother. Let us help you remove that baggage of lust.

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