

my problems

Posted by mikestruggling - 15 Mar 2017 14:33

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hi yakov or whoever will read this.

?i grew up in an abusive atmosphere my mother would beat me, i was bullied in school and one of my rebbeim picked on me and got my whole class to laugh at me. i was in therapy for the resulting problems for quite some time. i still see a therapist from time to time. at one point for two years i was taking meds a generic for Zoloft. that's my emotional history.

as for the kedusha problems I've been masturbating now for 13 yrs.. i have spoken to numerous rebbeim who tried to help me along the way. they weren't really equipped to deal with me. eventually i discovered porn but baruch hashem i always had limited access. i still have relapses in porn which are hard to get out of. i'm now married bh and i have a daughter bli ayin hora. please help

not sure how you'll contact me my email is [mikefineroth@gmail.com](mailto:mikefineroth@gmail.com) (not my name and i don't know anyone with that name)

hope we'll finally break free

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Re: my problems

Posted by mzl - 26 Sep 2018 02:37

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[mikestruggling wrote on 25 Sep 2018 20:00:](#)

I'm in the pits. I rationalize that "OK I'm back to regular". I'm gonna daven for the ability to be completely honest with myself and understand my 1st step properly (just how dangerous porn masturbating etc. is for me).

will try to keep everyone updated.

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Did something happen to make you depressed? That will kill your motivation dead (your motivation to work the 12-step program.)

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Re: my problems

Posted by mikestruggling - 28 Sep 2018 08:22

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last night my computer was unfiltered and I know the password. and I wanted to watch porn everything was perfect. on the way home from a simchas beis hashoeiva I had to stop off in shul. I opened the aron kodesh and said "Hashem I want to watch porn please help me"

il got home stillplanning to watch I almost finished setting up when at 12 am the phone rings it's a program member. I shared with him exactly what I was doing and committed and davened to be able to fulfill my commitment I'm happy to say it worked.

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Re: my problems

Posted by mikestruggling - 06 Oct 2018 22:10

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il'm sleep training my daughter. I'm not sleeping in the same room as my wife. and I'm having withdrawal. I'm committing to not getting my phone or computer until 220 am (I hope to be sleeping by then)

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Re: my problems

Posted by mikestruggling - 06 Oct 2018 22:11

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il'm sleep training my daughter. I'm not sleeping in the same room as my wife. and I'm having withdrawal. I'm committing to not getting my phone or computer until 220 am (I hope to be sleeping by then)

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Re: my problems

Posted by mikestruggling - 06 Oct 2018 23:20

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extended until 320. Hashem please help me sleep and not need to distract myself

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Re: my problems

Posted by mikestruggling - 06 Oct 2018 23:53

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extended until 320. Hashem please help me sleep and not need to distract myself

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Re: my problems

Posted by mzl - 07 Oct 2018 00:32

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[mikestruggling wrote on 06 Oct 2018 23:53:](#)

extended until 320. Hashem please help me sleep and not need to distract myself

They say if you pick up a sefer you go to sleep right away.

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Re: my problems

Posted by mikestruggling - 07 Oct 2018 09:42

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?It worked BH have a gr8 day

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Re: my problems

Posted by mikestruggling - 10 Oct 2018 16:25

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last night I emailed a mentor of mine from this forum the honest painful truth, that I'm in a binge and I don't want to stop. Today I had a rock bottom experience after which I called my DSR, my therapist and my sponsor. A new commitment to work the steps.

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Re: my problems

Posted by moish u.k. - 10 Oct 2018 18:59

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Keep coming back...

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Re: my problems

Posted by mikestrucking - 19 Oct 2018 04:50

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Wednesday, I regressed in my recovery. I decided that if I'm not getting sober anyway I can skip a meeting. (talk about insanity). At the time that I would've been at the meeting I went cruising for a half-hour. I almost crossed a very big red line. Needless to say, I felt dirty, low and bad. I felt like an animal.

Yesterday (Thursday) I went to my therapist. He proved me that I'm a good person and said that if I understand that I'm a good person and connect with that by taking even SMALL positive actions the rest will come by itself. He actually learned with me an *orach chaim* by the story of kayin and hevel that says this.

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Re: my problems

Posted by mikestrucking - 19 Oct 2018 05:02

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Re: my problems

Posted by mzl - 19 Oct 2018 10:33

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[mikestrucking wrote on 19 Oct 2018 04:50:](#)

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Did he discuss with you some biofeedback tool you can use every day to keep you from going after your next high, and low?

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Re: my problems

Posted by Trouble - 26 Mar 2019 03:33

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[Shlomo24 wrote on 21 Mar 2017 13:18:](#)

I think there's a misconception about dopamine. Dopamine is the hormone that induces craving. It's the hormone that will tell me that I'm going to feel pleasure soon. But it's not a pleasure hormone. Serotonin is the main pleasure hormone. So unless you really enjoy working out, there won't be dopamine. Sorry for the all the science. A bit of a nerd here.

This nerdy discussion interests me.

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