

my problem

Posted by clmoss09 - 25 Mar 2017 03:23

My story is when I have a build up of hormones and I want to relieve myself (aka masturbate) I fall in the temptation of looking at porn. I am a strong christ follower but still fall down this path. Any suggestions?

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Re: my problem

Posted by ColinColin - 25 Mar 2017 20:08

Welcome.

This is a Forum mainly for Jewish people so myself and I guess others will not be referring to your religious beliefs because they are not all the same as our's.

But in wishing to keep personal holiness I commend you and I think a key thing is to realise the HALT method.

Hungry

Angry (resentful of something not going your way)

Lonely

Tired

These four circumstances can be triggers.

If you are single, then being in a loving relationship which becomes marriage is the appropriate path.

This will not cure things, but it is healthier than being single.

There are filters one can install for computers to avoid porn sights....others here can help with that.

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Re: my problem
Posted by Chaimel - 25 Mar 2017 21:03

Definitely commendable and thanks for posting! Good luck in your journey!

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Re: my problem
Posted by MayanHamisgaber - 25 Mar 2017 22:06

Welcome

recovery should be with success

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Re: my problem
Posted by clmoss09 - 26 Mar 2017 04:47

Thanks for the reminder what personal holiness and knowing what HALT is. I know this i ran by a Jewish group but don't we follow the same Christ. As I was taught to love my brother as my self. Thanks again!

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Re: my problem
Posted by GrowStrong - 26 Mar 2017 04:51

[clmoss09 wrote on 26 Mar 2017 04:47:](#)

Thanks for the reminder what personal holiness and knowing what HALT is. I know this i ran by a Jewish group but don't we follow the same Christ. As I was taught to love my brother as my self. Thanks again!

No we don't follow Christ.

Jews follow the Torah which says that we are all the son of G-d

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Re: my problem

Posted by GrowStrong - 26 Mar 2017 04:52

[clmoss09 wrote on 26 Mar 2017 04:47:](#)

Thanks for the reminder what personal holiness and knowing what HALT is. I know this i ran by a Jewish group but don't we follow the same Christ. As I was taught to love my brother as my self. Thanks again!

Good luck with your recovery brother

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