

im addicted and im just so confused in general

Posted by lovealways - 25 Jun 2017 19:31

i just need help im 25 and masturbated since bar mitzvah first time was i think cld be even before it. i cant get over beautiful and charming girls and women. iv watched and looked at porn throughout all the years

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Re: im addicted and im just so confused in general

Posted by MayanHamisgaber - 25 Jun 2017 19:34

Welcome

thanks for the share

What have you tried so far?

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Re: im addicted and im just so confused in general

Posted by lomed - 25 Jun 2017 19:40

Hi welcome Aboard!

You have come to the right place. Here on this site many have found a solution to our common problem. For me this site was a life savor. Coming here for me was the beginning of a lifetime journey that i have started. I have been trudging the road here since then and had much success, and loo forward one day at a time to keep on growing.

?We are all here for the same reason, with some slight different symptoms. With Hashems help I wish you to find what you are looking for.

Lomed

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Re: im addicted and im just so confused in general
Posted by 360gye - 25 Jun 2017 19:45

Welcome,

You have made the right choice coming here for help. GYE has many tools to help, and everyone is here to help.

Feel free to reach out when in need

-360gye

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Re: im addicted and im just so confused in general
Posted by bear - 25 Jun 2017 19:52

Welcome.

Feel alot of what you wrote.

Hatzlacha

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Re: im addicted and im just so confused in general
Posted by Markz - 25 Jun 2017 20:25

Welcome!

Cool - you made it over the chatroom mechitza

Took me a long time to post when I joined initially

btw how's life treating you outside of the lust box?

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Re: im addicted and im just so confused in general
Posted by Shivisi_Hashem - 25 Jun 2017 23:27

Hay! How are you? How is your day going?

may i join you at the other side of the mechitza? I usually dont go there, but markz will watch me there....

you came to the right place, we will help you stay clen together, but remember! Only TODAY, we all stay clean for today only...

keep it up brother..

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Re: im addicted and im just so confused in general
Posted by lovealways - 25 Jun 2017 23:30

has anyone experience real life sexual touch besides for porn? does that make your struggle harder? Because ive gone stripclubs multiple times and massage parlors. are the strategies for that different than porn or its taken care of automatically when doing solutions with porn. also i feel that sex chats online is different than regular porn. is that so by others or its not so?

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Re: im addicted and im just so confused in general
Posted by gibbor120 - 26 Jun 2017 20:00

Welcome! In general, any type of lust - porn, masturbation, massage parlors etc. all have the same affect. They are different forms of the same drug - lust, which many of us use to escape

negative feelings such as anger, stress, loneliness, etc.

Working on living right will help with all of those symptoms. Our problem is not acting out, our problem is living. Acting out in it's many forms is our solution, albeit a very bad one.

Keep posting.

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Re: im addicted and im just so confused in general
Posted by sheleg - 26 Jun 2017 21:39

You can stop if you think of porn as an ugly drug that gives you an addictive high.

On the other hand if you think of porn as pretty girls you will never want to stop looking at them.

It's the way you look at things that will make the difference.

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Re: im addicted and im just so confused in general
Posted by MayanHamisgaber - 26 Jun 2017 21:50

You remind me of Anonymous you sure you are not him with a different user name?

Maybe Coney?

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Re: im addicted and im just so confused in general
Posted by lovealways - 29 Jun 2017 00:38

u r right

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Re: im addicted and im just so confused in general
Posted by lovealways - 29 Jun 2017 00:38

im a new user to gye

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Re: im addicted and im just so confused in general
Posted by lovealways - 29 Jun 2017 00:39

sheleg i look at porn or currently sex chats as pretty girls

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Re: im addicted and im just so confused in general
Posted by lovealways - 29 Jun 2017 04:06

markz not so good im gonnna start therapy asap

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