

hi
Posted by thenewme49 - 10 Jul 2017 15:55

I have a lust addiction. I admitted it to my wife about two weeks ago and have since been clean/

=====
=====

Re: hi
Posted by Markz - 10 Jul 2017 16:25

Hi!

Are you related to the other newme guy on gye

=====
=====

Re: hi
Posted by gibbor120 - 10 Jul 2017 16:37

Wow! Welcome! Fill us in some more.

=====
=====

Re: hi
Posted by thenewme49 - 10 Jul 2017 16:39

=====
=====

Re: hi
Posted by bb0212 - 11 Jul 2017 04:42

[thenewme49 wrote on 10 Jul 2017 15:55:](#)

I have a lust addiction. I admitted it to my wife about two weeks ago and have since been clean/

Welcome Mr Me. Or Mr Newme? Wishing you ????? on overcoming the struggle that you're up against. Have you come up with a plan on how to protect yourself from triggers? If you feel comfortable with it, please share some more about what you're going through.

=====
=====

Re: hi
Posted by getthere - 11 Jul 2017 14:46

Welcome

Very good for coming here and also for opeing up to your wife. Do you want to give us some more history as to what you struggle with and what you are doing about it now and what you plan to do? as bb0212 wrote

=====
=====

Re: hi
Posted by thenewme49 - 13 Jul 2017 15:37

well on other occasions when I tried to stop I wasn't really watching my eyes and thoughts. Now I am being careful with those so baruch Hashem I have been very successful so far though I know that I cannot get too confident.

=====
=====

Re: hi
Posted by getthere - 13 Jul 2017 15:40

Its work for life on this, it does get easier but its there, but its all worth it as the gains on this world as well as the next are million times greater than the effort you invest.

=====
=====

====

Re: hi

Posted by Singularity - 14 Jul 2017 10:56

[thenewme49 wrote on 13 Jul 2017 15:37:](#)

well on other occasions when I tried to stop I wasn't really watching my eyes and thoughts. Now I am being careful with those so baruch Hashem I have been very successful so far though I know that I cannot get too confident.

On many occassions when I tried to stop I was very much so watching my eyes and thoughts. For an addict it won't help. Do you use the word colloquially, like "I'm addicted to pringles?" Or is it the real thing? Also, congrats on opening up with the wife, but some say that's dangerous and could be selfish if it's just to her. You have a rabbi or therapist you could open up to, too, who would better be able to guide you?

=====
====