

am i still an addict?

Posted by Numis - 23 Aug 2017 00:03

I'll say my story briefly. Throughout H's I was an excessive user of porn and masturbation. I was completely out of control. After I graduated iwent to isreal where I stopped everything fully and completely. I came home that pesach and stumbled a couple of times I stopped till that summer(last year) where I again stumbled. After that I went to isreal this past year and stayed throughout peach I was completely clean from everything for over a year and when I came back home this summer I started stumbling again with the same porn and masturbation although not that excessive. I would love any advice that could help me. thank you so much

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Re: am i still an addict?

Posted by acceptance - 23 Aug 2017 16:28

Join a 12 step program, its the best place to learn an alternative way to respond when you have something 'trigger' you. Basically it sounds like you are trying to control yourself by using sheer willpower, that never worked for me, I needed to connect to the G-d power in me by working the 12 steps with the support of the group and my sponsor.

P.s. R' Shais Taubs book G-d of our understanding is a really good place to get a better understanding of yopurself and the 12 steps.

Good luck

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Re: am i still an addict?

Posted by Shlomo24 - 23 Aug 2017 16:38

[acceptance wrote on 23 Aug 2017 16:28:](#)

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Good luck

I can't claim to know anything about you, acceptance, but there's a serious lack of information for you to suggest a 12-step program.

Numis: Welcome. I hope you find what you are looking for. What have you tried so far?

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Re: am i still an addict?

Posted by Numis - 24 Aug 2017 03:34

On this site just reading articles and forums so far... I'm planning on trying the partner program. I just don't know if I have a big problem scince I've been doing this stuff for about 7 years. like right now I'm clean for 2 weeks and its easy but in like a week or a year ill just fall....

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Re: am i still an addict?

Posted by Shlomo24 - 24 Aug 2017 13:04

Keep on posting, and more importantly, read the posts of fellows with good recovery. Stay open minded.

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Re: am i still an addict?

Posted by gibbor120 - 25 Aug 2017 15:17

Welcome! The fact that you could stop for long periods of time is a very good sign. Stay busy. Keep up with friends etc. Check out the handbook. Your scenario is very common. When in yeshiva it is easier. Can you identify triggers? Is it boredom, not having a schedule, certain feelings when you are home. Certain relationships that stress you out...

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Re: am i still an addict?

Posted by LifneiHashem - 25 Aug 2017 16:16

Welcome! Check out the GYE daily chizuk emails. They are inspiring & and can help you stay proactive.

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Re: am i still an addict?

Posted by Ihavestrength - 25 Aug 2017 17:47

Welcome! Posting on the forum helped me alot. I'm a single guy in my early 20's who was helped alot by GYE. Feel free to email me if you think I might be able to help.

ihavestrength1@gmail.com

P.S I think with a plan you will do great.

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Re: am i still an addict?

Posted by Numis - 25 Aug 2017 21:04

What type of plan?

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Re: am i still an addict?

Posted by Numis - 25 Aug 2017 21:11

I have discovered some basic triggers like boredom and feelings from being alone. I have two questions though #1 I feel like you can never completely avoid your triggers #2 could my problem be from that I am sexually inactive (being that I'm single)and that drives my bad habits

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Re: am i still an addict?

Posted by lhavestrength - 27 Aug 2017 02:40

A plan could be as simple as making a commitment to read the chizuk emails everyday, or calling someone when you are feeling weak.

With regards to your two questions: I agree, I don't think you can totally avoid triggers. I also don't think your problem is being single. Many people got married only to find that their problem got worse.

P.S Perhaps read the Guard your eyes handbook. In it you may find information on making a plan, as well as better perspective on the questions you have.

All the best

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Re: am i still an addict?

Posted by Numis - 27 Aug 2017 04:07

thank you I really appreciate your insight.

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Re: am i still an addict?

Posted by Numis - 27 Aug 2017 15:36

And why do you think the problem would get worse when your married?

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Re: am i still an addict?

Posted by Shlomo24 - 27 Aug 2017 18:43

[Numis wrote on 27 Aug 2017 15:36:](#)

And why do you think the problem would get worse when your married?

Let's say your problem is actually because you aren't having sex enough. If that's the case, you will have sex with your wife when you need to scratch the itch. In that scenario, she's essentially a fluid dumpster for you. If that alone doesn't bother you, the problem is really more than that. Women, in general, are very perceptive and they feel these things. I personally have had experiences in which I felt sexually objectified and I felt like crap. It was not pleasant at all. Your wife may feel that way and that could cause serious marriage issues.

Furthermore, many of us have found that sex wasn't the problem. The problem was within us, not in sex. So having sex wouldn't solve the problem, and it can exacerbate it because there's another person involved now.

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Re: am i still an addict?

Posted by Numis - 27 Aug 2017 20:13

Thank you. I definitely hear what your saying but isn't there a healthy sex intrest in every human that leads them to have sex? People don't have sex just to have kids obviously...

(this is actually very relevant to me because I struggle if I have an emotional issue or just a overheated sex drive...)

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