

Hello, First Time Finding This Site

Posted by JCL1990 - 27 Aug 2017 18:06

Hey everyone,

Thank you for all the materials and writings on this site.

I am 27 years old. The first time I discovered pornography was around age 12, my father had some magazines that I looked at. Shortly after this, I discovered masturbation. I think I was 13. I wouldn't consider myself an addict at this age though.

Around age 15-16 I think is when I begin to view internet pornography. This has gone on until now. However, when I was 21 years old, I went an entire summer without any masturbation. I did view pornography at times during this stage though. Once summer ended, and college began again, I went back to viewing pornography and masturbation. I have a decent amount of 7-10 day streaks since then, too.

Now I am 27 years old. I want to remove this activity from my life permanently. Sometimes the urge seems to take over my mental clarity, and I fall to the sin once again.

That is all for now.

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Re: Hello, First Time Finding This Site

Posted by Numis - 27 Aug 2017 20:16

Respect for coming on here to make change welcome

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Re: Hello, First Time Finding This Site

Posted by abd297 - 27 Aug 2017 20:53

Welcome. You'll find great tools here. Look around and find what works for you. Have you ever spoken to anyone about this before now?

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Re: Hello, First Time Finding This Site
Posted by JCL1990 - 28 Aug 2017 16:19

I have spoken to my brother about it before. I have also been on the NoFap website on Reddit before. Neither talking to my brother or NoFap website helped much.

I am approaching being on Day 3 right now though. So I am beginning to come out of it again. Thank you for your response. And yes, I have found some great tools on this website. I was even chatting with a couple people last night on this website.

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Re: Hello, First Time Finding This Site
Posted by abd297 - 28 Aug 2017 16:42

Yeah the forums and chats are great. I can't imagine that just talking to somebody would really be much of an actual help if it wasn't backed up with action. I think that's a mistake a lot of people make. I know personally that that thinking was a source of great frustration for me in the past. It was a real blow to me on occasion. You build it up that finally something might happen and then everything comes crashing down when nothing changes.

GYE is definitely a great source of information and has activities that can be that action or at least give you some ideas. I know it has been for me.

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Re: Hello, First Time Finding This Site
Posted by Hashem Help Me - 29 Aug 2017 01:13

Welocome. Speaking to people is a great idea. First of all you come to the realization that many very nice ehrliche people are struggling just like you, so the depressive loser/rasha feeling dissipates and you can finally get to work. You will hear many ideas that worked for others. Hatzlocha.

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