

Hello

Posted by Polin - 25 Oct 2017 12:46

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Hi,

b"H

Hello, I am 36 yo male, live in Poland, married, and blessed with a son who is 15 mo. I am struggling to break free of my internet porn and masturbation addiction, which has been around for years, and because I am trying to be observing judaism (i'm learning for conversion) this is something that is completely against the spirituality and growth...

I often have periods of freedom that can go on for weeks, I grow, I study Torah I do great and then suddenly I slip. Like a nissayon to hard to pass..

I'm researching some internet filters for now (iphone and pc), but not sure where to start. I did buy an e-book called SMART recovery handbook, which is quite informative. Haven't dug deep enough yet thou...

Anyways, glad I'm here. Feel embarrassed a bit.

Great day to everyone!

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Re: Hello

Posted by Markz - 25 Oct 2017 18:38

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Witaj w klubie

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Re: Hello

Posted by Polin - 25 Oct 2017 19:11

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Tego sie nie spodziewalem:)

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Re: Hello

Posted by gibbor120 - 25 Oct 2017 19:30

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Welcome! We all feel embarrassed. Getting past that embarrasment and posting here is a big step in the right direction.

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Re: Hello

Posted by Shivisi\_Hashem - 25 Oct 2017 19:58

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[Markz wrote on 25 Oct 2017 18:38:](#)

Witaj w klubie

wow!!! how many languages do you know???? or how many does google know..... LOL

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