

Addiction

Posted by Salcho89 - 25 Oct 2017 17:56

Hello

I am dealing with a masturbation addiction, I have been doing it practically since I was 11, I tried to quit two times, one about three years ago, and the second one was las week, I was unsuccessful both times. I realized that last week was the most productive week I had in years and I want to quit for good

=====

Re: Addiction

Posted by lomed - 25 Oct 2017 18:18

Hi and Welcome Salcho,

Thanks for coming here. I can relate. I have been struggling for about 19 years. I thought that there is no way out of this. BH i came here and since then doing a lot of progress. At this site 1000's have been helped.

My suggestion to you is to read the GYE Handbook, and stay here on the dorum coming back and cinnecting with the group.

wishing you lots of Hatzlacha on the road to recovery.

=====

Re: Addiction

Posted by Markz - 25 Oct 2017 18:22

Welcome Slacho,

Follow Lomed's Truck and you'll learn a lot ;-)

=====
=====

Re: Addiction

Posted by gibbor120 - 25 Oct 2017 19:28

Welcome! Check out the handbook. Keep posting.

=====
=====

Re: Addiction

Posted by Hashem Help Me - 26 Oct 2017 11:25

Welcome. it should be with hatzlocha. Stay connected. Maybe post some more details of the struggle along with approximate age. Chevra here are ready to help b'ezras Hashem.

=====
=====

Re: Addiction

Posted by ColinColin - 30 Oct 2017 00:37

Good luck.

=====
=====