

Hello friends

Posted by GoyKadosh - 19 Dec 2017 06:06

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Hello,

Please excuse my english. I am french.

Read about the site in a french journal.

I am married and have 2 kids. I am 45.

I have been suffering addiction to pornography since the age of 11/12 if I can remember. I tried to stop many times. Without any success. Things became worse after the dramatic libido fall of my wife, 10 years ago. We have sexual relations about once every 3 months. So I got progressively more addicted and the smartphone convenience helped. Looking at it as a way to destress and compensate for the poor sexual life. And considering that it is a little avara compared to the ones who cheat their wives. So I got used to 2 visits a day on porn sites. Early morning and late night.

Feeling like a slave and guilty and dirty all

his life is not very funny.

I am happy I found you. Hope to success by joinging this group. I have the deep will to stop.

Thank you.

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Re: Hello friends

Posted by Phill Up - 19 Dec 2017 11:31

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Hatzlacha Rabbah and welcome!! You've come to the right place- we all struggle one way or another. Keep on posting, read the articles on the site, and connect with others. You can gain control of your life if you take the right steps, whether that means 12 steps program or whatever else works for you. You're taking a very courageous first step and we are all so proud of you. More so, Hashem is so proud of you and wants you to be successful more than anyone else. Always turn to Him when you are tempted and ask Him to help you!

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Re: Hello friends

Posted by GoyKadosh - 19 Dec 2017 11:36

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[Phill Up wrote on 19 Dec 2017 11:31:](#)

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Thanks a lot !

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Re: Hello friends

Posted by youcan - 19 Dec 2017 16:23

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Welcome! Thanks for joining!

Here you'll find your way to recovery, there are a lot of success stories here. Read the handbook & see what works for you.

A lot of us justify our acting out with different excuses, but we should know that it's not true, the reason for addiction is rather mental than physical, at age 12 you didn't need a wife but you're still addicted, also you didn't have sex twice a day when your wife was in perfect health, so why do you need porn that much? I'm not concluding anything, just wanna show you that the addiction is not a result of having a poor sex life etc.

Stay with us & stay focused to fight, you will succeed with hashem's help!

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Re: Hello friends

Posted by GoyKadosh - 19 Dec 2017 20:24

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[youcan wrote on 19 Dec 2017 16:23:](#)

Welcome! Thanks for joining!

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A lot of us justify our acting out with different excuses, but we should know that it's not true, the reason for addiction is rather mental than physical, at age 12 you didn't need a wife but you're still addicted, also you didn't have sex twice a day when your wife was in perfect health, so why do you need porn that much? I'm not concluding anything, just wanna show you that the addiction is not a result of having a poor sex life etc.

Stay with us & stay focused to fight, you will succeed with hashem's help!

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Youcan....

this is a superb message. Very enlightening.

You are absolutely right.

I love your humour too.

Thanks a lot !

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Re: Hello friends

Posted by gibbor120 - 26 Dec 2017 14:33

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Welcome! I feel for you. Check out the handbook. Keep posting. Check out the dov quotes link in my signature.

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Re: Hello friends

Posted by ieeyc - 31 Dec 2017 18:06

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[GoyKadosh wrote on 19 Dec 2017 06:06:](#)

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morning and late night.

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Thank you.

hello , i also have issues with being together with my wife , its a difficult nisayon , been together once or twice in 3 months, chazak! keep on davening !

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