

Shalom Shalom

Posted by FortheloveofTorah - 07 May 2018 06:35

Hello everyone, new here. I've tried many times in the past to stop and occasionally succeeded for a while. I noticed that I mostly act out when I have trouble in my marriage or socially, but every now and then it'll happen spontaneously (like that terrible morning where you don't even go to work because you decide to just "check something out" and that turns into an entire whirlpool of events leading up to the bathroom...).

I figured I'd give some of the tools on this site a try. The 90 Day chart so far has not done it for me, and confuses me as well (the part where you have to input two different dates, and the one date that I put it never seems correct?). Perhaps when I see that I'm advancing then I'll check in to the chart again. For now I guess I'll try the partner/sponsor program and see how that goes.

My wife doesn't know and I hope she never will. This issues is quickly ruining my life and I am desperate to have it stop.

One of the ideas I found on this site which I liked is that the religious aspect of things isn't really what we are afraid of; more the social part of it. Also, I found one website which goes into great detail describing the way your brain works when it comes to porn addiction, and being mindful of it has really helped me out several times.

A couple of other things also helped me out, but I don't have much time right now so maybe I'll post later on.

May Hashem grant us all success!

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Re: Shalom Shalom

Posted by Serenity123 - 07 May 2018 07:07

Hey!

Congratulations on coming to GYE and welcome, I am new as well and this program among other things give me hope. I can relate to what you said about acting out when things are not going well or acting out for acting out. I have been in bad places but with god's help I am getting out of there one day at a time, may god bless you and give you the strength to never give up. The SA fellowship can help a lot in some instances.

Hastlaha Rabba

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Re: Shalom Shalom

Posted by lifebound - 07 May 2018 07:35

Welcome. The 90 day chart dates can sometimes be a day off, at least for me...I usually put the same date for both, because the Fell On date and Clean Since date is usually the same...

Either way, the key is to stay connected, keep posting.

Looking forward to following your journey

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Re: Shalom Shalom

Posted by Hashem Help Me - 07 May 2018 11:31

Welcome. It should be with hatzlocha. Stay connected here, and iyh you will taste success like many others have.

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Re: Shalom Shalom

Posted by Yidyidyid - 15 May 2018 01:24

Hey, welcome.

Im new here too (a few days) and in a similar situation...

Hope we can all get over this for good

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Re: Shalom Shalom

Posted by gibbor120 - 22 May 2018 18:36

Welcome! Check out the handbook. Keep posting here. I'm not a big fan of the 90 chart. It is just a jump start, not real recovery, and will not work long-term.

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