

women adicction

Posted by tamim legari - 05 Mar 2019 15:28

hi everyone my "name" is asznee

iv been struggling with females since i was a kid

im in yeshiva now and it is really pulling me down i know looking at pornography is damaging and wrong and i know letting out the seed is damaging and i also know how i will feel after i commit these acts but even with that awareness i still do it !!!

any ideas any one

#aznee

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Re: women adicction

Posted by EscapeArtist - 05 Mar 2019 17:10

Any yeshiva worth it's weight in tuition should have a Rebbe or Mashgiach you can speak to. Try it, no Rebbe should get upset at you for bringing it up. (If they did, I'd look for a new yeshiva anyways...), in all likelihood they have dealt with this numerous times & will understand you & be able to guide you.

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Re: women adicction

Posted by mikestrucking - 06 Mar 2019 06:03

Welcome I and many others here know exactly how you feel. Many people have broken free. I'm so happy for you that you're working on this issue now. Many people go for help much later I when it's much more complicated. Maybe check out the 20 tools to figure out what might help you.

Best of luck.

Keep us updated.

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Re: women adicction

Posted by lenegditamid100 - 08 Mar 2019 02:36

Congratulation on reaching out! A big step.

Yes, I remember when I was in Yeshivah...the pain etc.

The Mashpia who I confided with was such a special person. He gave me great tips, but they did not help long term. I continued to suffer. And suffer. The feeling of hypocrisy...

Only after being married some years, did I see that it is getting out of control, and BH I am now free from P**n.

With help from the outside, and a strong commitment, it's possible to stop.

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Re: women adicction

Posted by ColinColin - 11 Mar 2019 02:02

Welcome.

You have to replace the pornography with a constructive activity

Walking

Exercise

Reading

Playing an instrument

Visiting family etc.

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