

just joined

Posted by A Brother - 21 Jun 2020 22:07

Hey! first time on the website- this is so incredible... 1st day on the 90 day thing. This has gone waaaaay too far. I feel so filthy and unholy.... this stuff eats my brain and just sucks me out of needing to deal with anything. All the bad mussar shmuzen i have ever heard are playing in my head on repeat. I really want to want to get out of this... like really... its so hard to work up the motivation when its so easy to fall into, and such a perfect escape from reality... but i know its so awful

could anyone offer some advice/support

=====

Re: just joined

Posted by Findingmywayback - 08 Jan 2021 02:18

I am also new to this process and learning as I go along. The process works and the struggle is worth it. Just knowing that there are so many other people out there who are going through the same thing...to know you are not alone. It is like someone reached out a hand to you and is pulling you up, out of the dark place we fall into. Something that helps me, advice from my social worker: porn was a problem, but deeper than that it was how I was self treating a problem. Once I identified what I was using porn to escape from, and started to honestly address that issue, it started to dissolve my need for porn The struggle is ongoing, but gets better everyday. Keep up the fight, keep up your faith. I hope this was helpful friend.

=====

Re: just joined

Posted by Hashem Help Me - 08 Jan 2021 03:51

[Findingmywayback wrote on 08 Jan 2021 02:18:](#)

I am also new to this process and learning as I go along. The process works and the struggle is worth it. Just knowing that there are so many other people out there who are going through the same thing...to know you are not alone. It is like someone reached out a hand to you and is pulling you up, out of the dark place we fall into. Something that helps me, advice from my social worker: porn was a problem, but deeper than that it was how I was self treating a problem. Once I identified what I was using porn to escape from, and started to honestly address that issue, it started to dissolve my need for porn The struggle is ongoing, but gets

better everyday. Keep up the fight, keep up your faith. I hope this was helpful friend.

Excellent post - You may be new, but your head is BH screwed on straight.

=====

Re: just joined

Posted by Findingmywayback - 08 Jan 2021 04:19

Thank you, may g_d grant you success in your journey.

=====

Re: just joined

Posted by YeshivaGuy - 15 Jan 2021 02:26

[A Brother wrote on 05 Jan 2021 17:02:](#)

To all the heilige yidden who have been encouraging me so far

For the first time in a very long while I am clean for 4 days. Your assistance has gotten me thus far. Thank you all my brothers and friends I feel like a human being

Cmon man I'm gonna stop chasing u if I keep leaving ur family!

How are you doing? Please keep speaking to us! We care about you!

=====

Re: just joined

Posted by A Brother - 17 Jan 2021 15:24

Thank you@yeshivaguy you rock... b"h it's been a while since I have watched.... but I'm still struggling with mz"l, but even that is getting less frequent. I still feel kinda awful about falling on Friday in this area but we are definitely going up here

=====

=====

Re: just joined

Posted by A Brother - 17 Jan 2021 15:31

And, on the topic of what @findingmywayback said, I also realized that I used these things as an instant release, or distraction from the unbearableness of sitting with myself in silence. The chatter in my head is so intense and cruel and relentless that the only thing that could silence it for 2 minutes was the most intense form of stimulation that exists... but I have been working on that... thanks to you all. Slowly seeing succes from the inside out

=====

=====

Re: just joined

Posted by YeshivaGuy - 12 Feb 2021 05:43

Nu?!

Dude u can't disappear for a month.

Share with us ur ups and downs, cmon man! Don't be scared, we are one family.

Come back

=====

=====

Re: just joined

Posted by YeshivaGuy - 12 Feb 2021 05:43

Nu?!

Dude u can't disappear for a month.

Share with us ur ups and downs, cmon man! Don't be scared, we love you!

=====

=====

Re: just joined

Posted by OivedElokim - 07 Apr 2021 16:42

Bump

=====

=====