

Finally admitting my addiction.

Posted by NotGivingUp613 - 23 Dec 2020 06:06

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Hi, I've been a member for a while but never had the guts to actually post or speak to anyone on the site. Actually I've never spoken to anyone in my entire life about my porn addiction. I'm married with 3 kids and learnt in kollel for 7 years. Like many I always assumed over time this will just "go away" or marriage would fix the problem, or having kids would fix the problem, or

Long story short I hit pretty hard recently and finally spoke to my rav who sent me to a therapist who will guide on me on the next stages in life. I even told my wife(literally 5 hours ago) about my addiction who actually took it unbelievably well since she always had a feeling I was watching porn and finally happy I'm open with her.

Anyway sorry for the long post but like I said this is literally the first time in my life doing this. I have no idea how this works or if anyone will even see this but I guess it feels good to open up. Thanks for listening

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becoming a rebbi would fix the problem. But guess what it didn't

Re: Finally admitting my addiction.

Posted by NotGivingUp613 - 28 Dec 2020 01:50

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[Lou wrote on 28 Dec 2020 00:42:](#)

[NotGivingUp613 wrote on 28 Dec 2020 00:19:](#)

So i guess its time to say the full story. I believe its all part of the same root but what got me to open up was the fact that i got caught by someone. I took a relatives phone(Adult/Not blood related) and figured they would have inappropriate pictures of themselves.(i was right ) I guess this was my rock bottom. Honestly I'm happy i got caught because maybe now ill finally fix the problem.

i told my wife about the porn problem which like i said earlier she took it extremely well. However i did not tell her the most recent thing that happened.(about week and a half ago)

The person who caught me texted me last night and we were going back and forth and finally decided to tell my wife everything. My wife did not take it well at all which was totally expected. Porn and fake people was one thing to handle but someone related who we see on a constant basis really hurt her.

So ya thats the most recent developments. It was meant to come out sometime so i guess its better to rip off the band aid earlier then later.

Thanks for listening and all the Chizuk. I will keep you all posted

Ouch! That hurts... Hashem should give you the strength to get through this and grow from the process. Wow! I can feel a tenth of your pain from fears of a similar situation that BH never materialized.

By the way, why in the world do they have inappropriate pictures of themselves on their phone?? If they do,why are they lending it out? Unless this was planned between the 2 of you? Whatever,it's not important.

Hatzlocha!!!!

Amen thank you. No this wasn't planned. it was me sneaking around and taking the phone without permission and snooping around. obviously this is wrong on every single level, but when you're so deep into the pit, its very rare to get out. Now I've been hit with a huge slap in the face and hopefully the mark will last a long time reminding me never to do it again.

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Re: Finally admitting my addiction.

Posted by NotGivingUp613 - 28 Dec 2020 01:53

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[Grant400 wrote on 24 Dec 2020 03:07:](#)

All these feelings you have now, of overcoming this challenge, and being in a totally better place than you were before, is normal. In the beginning when we finally face ourselves, and realize we must stop and feel empowered to do so, we tend to get super excited and feel like we are reborn. The truth is like you wrote, this excitement wears off.

Don't let yourself be fooled, and feel complacent with a false sense of security. Use this time as a gift, to work on real internal changes, changes that will fortify you with the strength when faced with powerful urges after the initial excitement wears off.

P.S. There is a quote button to indicate which post you are responding to.

Thanks just discovered this lol

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Re: Finally admitting my addiction.  
Posted by Markz - 28 Dec 2020 02:24

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[NotGivingUp613 wrote on 28 Dec 2020 01:50:](#)

[Lou wrote on 28 Dec 2020 00:42:](#)

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Rock bottom usually helps swing states from comatose to start reboot with SA or therapy or similar. Which one did ye choose bro?

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Re: Finally admitting my addiction.

Posted by NotGivingUp613 - 28 Dec 2020 03:07

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[Lou wrote on 28 Dec 2020 00:42:](#)

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For now it seems like therapy is the winner. Well see where it goes from there.

Love the video by the way

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Re: Finally admitting my addiction.

Posted by Hashem Help Me - 28 Dec 2020 05:09

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[Markz wrote on 28 Dec 2020 02:24:](#)

[NotGivingUp613 wrote on 28 Dec 2020 01:50:](#)

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Hatzlocha with the therapy. Let us know how it proceeds.

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