

Again...

Posted by hopeful - 06 Jul 2021 21:46

I fell into the hole again. I had been doing really well for a long time on and off. Now this past week or 2 has been really bad. looking at really bad things online. I am concerned that the next step is back to real people. I am married and this happened once in my marriage for a couple of years. I never want to go back there.

I see how little self control I have with the computer and people are even harder to break away from.

I have a good friend I met on this site and he has been infinitely helpful. So I was thinking if one person helps so then more is better right?

I am just in over my head with this...

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Re: Again...

Posted by Markz - 07 Jul 2021 00:41

[hopeful wrote on 06 Jul 2021 21:46:](#)

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You've been to rehab some time back.

So then is SA a consideration?

- **Sexaholics Anonymous (SA)** - a 12 step program dealing with any lust-related behaviors. SA has thousands of meetings all over the world, so it's easy to find a local meeting at a time that suits you. Due to Covid-19, there are also dozens of virtual meetings available. There is also a special phone conference twice a week that is especially suitable for GYE members.
- **Porn Anonymous (PA)** - a new 12 step program dealing primarily with porn. PA has Zoom meetings 3 times a week.
- **SMART Recovery** - a science/therapy based alternative to the 12 step program.

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Re: Again...

Posted by Striving Avreich - 07 Jul 2021 19:09

I'd really suggest giving Dov a call. 917-414-8205.

He's been clean in SA for 24 years and runs a 12 steps call twice a week. I really enjoy it

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Re: Again...

Posted by hopeful - 07 Jul 2021 19:34

Thank you both for your suggestions. Yes I think they would both help. I'm not going to write my excuses as for why I cant do them. Because that is not productive for anyone.

I have clarified a bit more what I am facing.

Although I very much need to stop this behavior, a part of me wants to continue.

I am having a hard time overcoming that part of me...

Has anyone ever had a similar experience?

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Re: Again...

Posted by hopeful - 07 Jul 2021 19:38

I just saw that I spent \$350 between yesterday and today on this garbage!

That makes over \$500 in a week.

Totally unacceptable

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Re: Again...

Posted by aryehdovid85 - 07 Jul 2021 19:54

Hi guys, Imk if u want more info about SA

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Re: Again...

Posted by Trouble - 07 Jul 2021 21:24

[hopeful wrote on 07 Jul 2021 19:38:](#)

I just saw that I spent \$350 between yesterday and today on this garbage!

That makes over \$500 in a week.

Totally unacceptable

I guess I can still catch up

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Re: Again...

Posted by barber - 07 Jul 2021 21:55

i was also going from relapse to another, but thanks to Hashem since i joined sa I'm clean,

I'm really really happy that I'm already one full year sober, i cant thank Hashem enough, i always thought that i know what feelings are, but by oh boy my feelings open more and more by the day, last Shabbos i said shear hashearim with the feel of gratitude to Hashem for all the good he gave me, i never had such a hearty experience ever.

its not always easy i still have a lot of emotional trouble and some times i think its over I'm lust, i can give up, but thanks you Hashem for keeping me sober when i give up and surrender, I'm really happy its hard but its worth.

with that i will ask Hashem to please free me from all my pain and give me a lot of sober healthy fun

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Re: Again...

Posted by Gevura Shebyesod - 08 Jul 2021 02:35

“Barber”

“shear hashearim”

LOL!

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