

Tying to break free

Posted by AziG - 09 Dec 2021 20:10

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Shalom everyone, I am Azariah. Since I was roughly 14 I have been struggling with a porn addiction. I have been in denial about this for nearly 20 years and until recently, my marriage has been affected. I think that the best way to overcome this is to understand where it began.

I believe that having a support group will give me strength and more importantly having someone to be able to talk to when I am feeling weak.

If anyone is willing to accept that role with me, please let me know. I have been dealing with depression because of this issue. As an orthodox Jew, this is something that will garner support from another like-minded Jew.

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Re: Tying to break free

Posted by DavidT - 09 Dec 2021 20:36

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[AziG wrote on 09 Dec 2021 20:10:](#)

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Welcome!

We are all here for you as a group.

You can start posting often about your struggles and successes. We are very eager to celebrate your wins together!

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Re: Tying to break free

Posted by Hashem Help Me - 10 Dec 2021 12:13

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Welcome. it should be with hatzlocha! Join the thousands of guys who have learned how to stop and by doing so escaped depression.

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Re: Tying to break free

Posted by Captain - 10 Dec 2021 14:26

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[AziG wrote on 09 Dec 2021 20:10:](#)

I have been dealing with depression because of this issue.

Please read The Battle of the Generation for help with this, in addition to everything else you are doing. The link for the download is below in my signature. You can check the table of contents and read what sounds relevant to you.

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