

New member - need to talk someone

Posted by JackGoldstein - 24 Aug 2022 15:43

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I'm new here.

I'm married, and I frequent sites to talk to other women, which leads to masturbation, but no meeting. Occasionally watch porn.

Have had times where I've been successful to start, and then it has stalled.

Go to therapy but that isn't really helping me currently.

Need to talk to someone else who's dealing with something similar, to lean on and empower

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Re: New member - need to talk someone

Posted by ?????? ?????? - 24 Aug 2022 17:10

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Welcome!

You'll be getting messages from married people here on GYE so be on the lookout for that, I'm single so I'll leave it to them. But check out the free resources in my signature because they are one aspect of many things that will help you on your journey. In particular I highly recommend checking out webchaver which is free if you follow the directions in the post linked in the signature.

Wishing you hatzalacha!

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Re: New member - need to talk someone

Posted by qualitystuff - 24 Aug 2022 17:12

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Sounds like me, a few years ago. Let me just warn you , I am no longer married. I only talked to other women on sites until i met one. Then another and another and another. Porn became consistent and addictive. All aspects of my life changed and i wasn't realizing it until it was too

late. I am now fighting just so i can have some semblance of a life. I lost so much forever because i did not fight it. I thought it was mild, im not so bad and im sure there are many that are worse than me. The more i got in to it and extended to worse and worse things the more I started thinking its ok its normal. Until i ended up in an institution and was told (and I realized) that I was no longer normal. Only way i was fortunate is that i did not end up in prison (for long term).

If you saw me in person you would swear to do anything not to end up looking like me. I could be an extreme case but i was not unusual when this all started.

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Re: New member - need to talk someone  
Posted by JackGoldstein - 24 Aug 2022 17:18

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Could we chat?

I'd like to hear more, and get chizuk

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Re: New member - need to talk someone  
Posted by qualitystuff - 24 Aug 2022 17:20

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Im not so good with this portal, is this a chat ?

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Re: New member - need to talk someone  
Posted by bisyata dishmaya - 24 Aug 2022 17:46

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No this is the forum.

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Re: New member - need to talk someone  
Posted by qualitystuff - 24 Aug 2022 17:48

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So what do you mean chat ? Send me link ?

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Re: New member - need to talk someone  
Posted by hopetobegood - 24 Aug 2022 18:30

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hi im also new here and struggle with the same!

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Re: New member - need to talk someone  
Posted by hopetobegood - 24 Aug 2022 18:31

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how old are you?

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Re: New member - need to talk someone  
Posted by ColinColin - 24 Aug 2022 21:34

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Welcome Jack

Something is making you go onto those sites to chat.

You have to find out what it is.

It might even need some form of counselling or therapy.

It might be something to do wit your marriage.

Do everything you can to stay off them.

Because eventually you might meet someone from them.

Learn what is making you seek something from those sites.

Practise mindfulness, to separate the urge to go on the sites from who you really are.

And then bring something new into your life that replaces the wish to go onto those sites, to make you feel good in a healthy way.

A new hobby.

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