

ADDICT!!!!

Posted by bmgporn - 20 Jan 2023 14:40

I am a sex addict!!!! I go to the grocery and stare at girls. I want them!!!!!! My wife is cute but I still want other girls even if they are not nice.

Crazy stuff!!

What can be done?

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Re: SEX!!!!!!!!!!!!!!!!!!!!

Posted by Eerie - 20 Jan 2023 16:30

Please remove this post. It is provocative and nothing more. We have enough triggers to deal with. If the post would have a constructive purpose, like "how can I stop" "can someone help", I get it. But this should be removed, in my opinion

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"How Can I solve my consist issue of TAYVAS"

Posted by Emes-a-Yid - 20 Jan 2023 20:48

[bmgporn wrote on 20 Jan 2023 14:40:](#)

I am a sex addict!!!! I go to the grocery and stare at girls. I want them!!!!!! My wife is cute but I still want other girls even if they are not nice.

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What can be done?

Hey you are one from many, please be sensitive in the way you lable your subject and write your post, it may trigger people, I know you are here to try and solve the issue, which can work

out just, please keep in mind on how you write something and publicize it, some may be triggered by it. But back to you... I envy on you reaching out. Keep it coming, you are a brave warrior to do so, I want you to achieve and accomplish which I think it will be able to be solved, BZ"H. Keep coming and posting we want to hear from you. Just please again avoid trigger words. Hatzlacha Rabah My dear chaver!

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Re: ADDICT!!!!

Posted by the.guard - 21 Jan 2023 17:20

Dear Yid, the fact you stare at other women and want them even though you have a pretty wife, doesn't make you a sex addict. Probably everyone on this site is struggling with looking at other women and fantasizing about them, especially after looking at porn many times - the brain begins to objectify women wherever you see them. But you would only be a sex addict if you are *acting* on these desires. Please share (without details) what your actual acting out looks like, and why you want to stop. Hopefully the chevra here can offer encouragement and advice, and the Flight to Freedom program can give you tools and a clear path out of this slavery to Pharaoh in Mitzrayim.

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Re: ADDICT!!!!

Posted by sleepy - 22 Jan 2023 04:51

[the.guard wrote on 21 Jan 2023 17:20:](#)

Dear Yid, the fact you stare at other women and want them even though you have a pretty wife, doesn't make you a sex addict. Probably everyone on this site is struggling with looking at other women and fantasizing about them, especially after looking at porn many times - the brain begins to objectify women wherever you see them. But you would only be a sex addict if you are *acting* on these desires. Please share (without details) what your actual acting out looks like, and why you want to stop. Hopefully the chevra here can offer encouragement and advice, and the Flight to Freedom program can give you tools and a clear path out of this slavery to Pharaoh in Mitzrayim.

sorry guard but i dont think acting out on desires makes one an addict,but maybe there was something on the unedited post that made you say what you said..

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Re: ADDICT!!!!

Posted by Eerie - 22 Jan 2023 07:50

Hi, my friend! You are not alone, you came to the right place, right here on GYE you'll find brothers who can lend a hand and help you get out of this mess. If you are here, then you are already heading in the right direction! If you weren't looking to get better you would find a different pastime. So, we are here for you, we want to hear what your struggles are, stick around and you'll learn the way up from anywhere. keep posting my holy friend!

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Re: ADDICT!!!!

Posted by looking for help - 22 Jan 2023 18:28

Hello Guard, I read your posts pretty much alot, I like them and I know you understand the field pretty good, but this time I strongly disagree to your statement. I use to be addicted (rch"l) to mz"l for many years ago (about 18! years ago) in a crazy way, I bH managed to stop and wasn't mz"l all these years. However I became addicted to shmiras einayim (internet and on the street)) on this struggle - without acting out with M, so how can you say this is not an addiction?!

(BH the past 6 months - after learning about addiction here on GYE - I am clean with internet problems, and bH improving on the street, Hashem should help me further).

I'd love to hear your input on this - thanks

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Re: ADDICT!!!!

Posted by sleepy - 22 Jan 2023 21:26

[looking for help wrote on 22 Jan 2023 18:28:](#)

Hello Guard, I read your posts pretty much alot, I like them and I know you understand the field pretty good, but this time I strongly disagree to your statement. I use to be addicted (rch"l) to mz"l for many years ago (about 18! years ago) in a crazy way, I bH managed to stop and wasn't mz"l all these years. However I became addicted to shmiras einayim (internet and on the street)

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this struggle - without acting out with M, so how can you say this is not an addiction?!

(BH the past 6 months - after learning about addiction here on GYE - I am clean with internet problems, and bH improving on the street, Hashem should help me further).
also in a crazy way, I couldn't hold myself, I spent hours, days, weeks, months and years (

I'd love to hear your input on this - thanks

wow @ lookingforhelp. what worked for you may i ask?

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Re: ADDICT!!!!!!

Posted by looking for help - 24 Jan 2023 14:47

Yes, sure you may ask - very gladly. We're all here for one reason!

How I got rid of the mz"I, really nothing major, I just remember 2 things, one for the bad and one for the good. The bad; I was so addicted, I couldn't hold myself back for 2 weeks, including the weeks before and after my chasuna. The good; I tried and tried and tried, till 1 day I just stopped, it was before my wife had a baby, I knew that I'm coming up with a hard time, but I bH I managed to pull through and from then on it's bH only history!

?Now regarding my internet addiction; I'm very into the easypeasy method. I worked the book through-and-through for about 3-4 months, till I cut off for about 6 months ago until present bH. (Actually I felt a little weak 2 weeks ago so I started to go it over). I love the method, it's a very smart approach to addiction. The withdrawal pain is very minimal-next-to-nothing.

I can answer more questions about it if you wish - I'm a strong supporter of the easypeasy method, it worked for me so far, Hashem should help ferther. (And trust me: I was a heavy-heavy porn internet addict, I know!)

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Re: ADDICT!!!!!!

Posted by sleepy - 24 Jan 2023 15:00

thank you! where can i get this book?

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Re: ADDICT!!!!!!

Posted by looking for help - 24 Jan 2023 20:01

Here you go easypeasymethod.org/easypeasy.pdf

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Re: ADDICT!!!!!!

Posted by bmgporn - 02 Feb 2023 14:58

[the.guard wrote on 21 Jan 2023 17:20:](#)

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I apologize in advance but this makes no sense! If someone cant stop thinking about sex and jerking off then even if he doesnt do it he is addicted to fantasy.

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Re: ADDICT!!!!!!

Posted by DavidT - 02 Feb 2023 16:21

[bmgporn wrote on 02 Feb 2023 14:58:](#)

[the.guard wrote on 21 Jan 2023 17:20:](#)

Dear Yid, the fact you stare at other women and want them even though you have a pretty wife, doesn't make you a sex addict. Probably everyone on this site is struggling with looking at other women and fantasizing about them, especially after looking at porn many times - the brain begins to objectify women wherever you see them. But you would only be a sex addict if you are *acting* on these desires. Please share (without details) what your actual acting out looks like, and why you want to stop. Hopefully the chevra here can offer encouragement and advice, and the Flight to Freedom program can give you tools and a clear path out of this slavery to Pharaoh in Mitzrayim.

I apologize in advance but this makes no sense! If someone cant stop thinking about sex and jerking off then even if he doesnt do it he is addicted to fantasy.

This topic has been discussed and debated on this forum many times...

In a nutshell, a habit is a learned and ingrained association between a stimulus (or incentive) and a response (or behavioral reaction) manifested consciously or subconsciously to achieve a goal. Addiction is more complex. It's a disease that manifests symptoms of intense craving, loss of impulse control, and behavioral flexibility. Unlike a habit like brushing teeth, the addict has almost no control over his or her desire to repeatedly engage in the addiction. Even when addictive substance abuse negatively affects your relationships, job, and health, you are unable to stop the behavior.

Because it can be difficult to recognize the underlying source that drives these negative behaviors, diagnosing addiction can be challenging. Understanding the difference between a bad habit and addiction is key.

If a behavior is negatively affecting your life and happiness, it seems obvious that you should stop, right? Unfortunately, it's not that simple. If you live with addiction, stopping on your own will feel next to impossible. The physical withdrawal symptoms and period of emotional transition most often require support and an integrated treatment plan. Addiction can be a life-threatening illness. It is critical to seek professional help.

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Re: ADDICT!!!!!!

Posted by holygoodpurepeople - 28 Feb 2024 02:59

what is this?

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Re: ADDICT!!!!

Posted by cande - 28 Feb 2024 03:11

[bmgporn wrote on 20 Jan 2023 14:40:](#)

I am a sex addict!!!! I go to the groceryys and stare at girls. I want them!!!!!!!! My wife is cute but I still want other girls even if they are not nice.

Crazy stuff!!

What can be done?

I am **NOT** a sex addict!!!! I go to the groceryys and stare at girls. I want them!!!!!!!! My wife is cute but I still want other girls even if they are not nice.

what am i ? a normal **MAN**.

amazing stuff!!

What can be done?

learn ?????

keep shtieging,

cande

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