

Porn but not... stam

Posted by nafrub - 22 Mar 2023 18:39

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Hello everyone

i'm addicted to p&m. in the past I had ups and downs, since I came on gye it went better, i started to make a cheshben hanefesh and b"h i got good friends who helping me, but still didn't get out of it.

In general I don't like so much to watch stam porn ,my main problem is that I have my few porn stars that I know their names and I like to search, see and watch them, and this is the hardest part from my nisoyin to get divorced.... from them.

Please if anyone can relate or have any tips or solutions for this case.

Thanks

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Re: Porn but not... stam

Posted by iwish001 - 22 Apr 2023 22:06

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Dear Mizgaber96, congratulations on your amazing success. Something to be proud of, 8 months is not little.

I'm sorry if my post was misunderstood.

I did not mean to say that our thoughts are fake and only material world is real.

I expanded on the talk from the beginning of the topic. In addition to being aware that "it's only a movie set", for me also helps to be aware that whatever I hoped to find there, I will never find. It helps me to see absurdity of my actions.

Of course, there are next steps in thinking process to get to the bottom of this...like what I hoped

to find there, etc, etc. But this was just a small addition that can help with prevention of acting on urges, not with solving the deeper issues.

It's surely not a substitution for including Hashem in our journey or sharing our story with others.

Keep strong and thanks for sharing. Congrats again!

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Re: Porn but not... stam

Posted by dim12 - 23 Apr 2023 18:20

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How Are you?

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