

My Story - Summarized

Posted by just_me - 19 Jun 2024 15:35

I am 48 years old and have been struggling with porn + masturbation for years. I stopped smoking pot almost 6 months ago and since then my porn addiction has gotten much worse. I stopped smoking weed because I lost my job due to the habit. I am still not working and the job market in my industry is very difficult at the moment. Due to feelings of depression due to my work situation, I have been periodically slipping (every 1 to 2 weeks).

This has been causing many problems, both personal and professional.

Just wanted to put this out there and turn to the GYE family for support and assistance.

Best wishes to everyone!

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Re: My Story - Summarized

Posted by just_me - 12 Jul 2024 19:37

Hi amevakesh and thank you for your considerate comments.

Regarding the paranssa thing, I know that staying clean will not change outside realities, but will rather effect only the inside. I have experienced, however, situations where I have interviewed for jobs after a recent slip and my mind is just not as coherent as it is when I am clean. It is like a brain fog sets in after binging on port/masturbation. I am not sure exactly what and how this works, but I freeze up, express myself less coherently and feel generally uncomfortable after a slip.

By staying clean during the interview process, I feel I have a shot at putting my best foot forward and let the cards fall where they may.

Today is day 31 and I am grateful to have reached and passed the 30 day milestone.

Hashem, please help me continue on this worthy journey!

Have a good Shabbos all!

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Re: My Story - Summarized

Posted by horizon - 12 Jul 2024 19:45

congrats on the month milestone!

keep it up, and keep inspiring.

wishing you hatzlacha w parnassa

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Re: My Story - Summarized

Posted by amevakesh - 12 Jul 2024 21:56

30 days is a ???? ?? when one becomes a ?? ?????? Mazel Tov on this tremendous milestone and may you continue to inspire us all! Have a wonderful Shabbos!

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