

How to break a 44 year old habit

Posted by AddictNoMore - 22 Aug 2024 04:46

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On my first day on site it appears there are mostly younger people trying to break their addictions. And that is great to break it as early as you can . But for myself I feel like I built such a large and long mess how can I ever succeed in breaking my bad habit at this stage in my life . It's as if porn is part of my core essence . How do you get rid of a 44 year old habit ?

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Re: How to break a 44 year old habit

Posted by Muttel - 22 Aug 2024 09:08

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Welcome aboard ANM!

Although most of us are indeed younger than you, some here have similar years of habit under their belt (sorry for the pun) and have learned to kick it right here! Additionally, the magic of GYE is that our struggle binds us even if in "real life" we'd be an unlikely pair of friends. Also, last I checked, the YH doesn't have an age preference, and truth be told, a habit of 25 years is probably just as strong as the one of 44 years....

Stick around, see the support and warmth on this forum and see that freedom **is** possible!

Might I be so bold as to recommend you reach to the chief mentor here, Hashem Help Me ([michelgelner@gmail.com](mailto:michelgelner@gmail.com))? He's helped hundreds, me included (he's in your general age bracket too).

Here's hoping you kick this damned beast - forever,

Muttel

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Re: How to break a 44 year old habit

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Posted by adam2014 - 22 Aug 2024 10:22

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Welcome, Old Man!! Just Kidding! My habit is about the same age as yours, and I felt the same way when I joined. I actually had a bad experience in the beginning. A person on here reached out to the "Newbie" and tried to befriend him (me), and he quickly tried to take me to a very dark place. I was fortunate to figure him out quickly and ended it.

That was a real outlier. Everyone else in here has been incredibly supportive and helpful. I had the added challenge of not being "Frum" or from a frum area or background. My personal experiences were far different than most here, and so many people have reached out and answered my sometimes silly questions or asked me questions about my journey. It became a strength and not an obstacle.

My advice is to read a lot of the posts. There is so much wisdom and inspiration in them. Reach out for help when you need it, ask questions, and explore topics that you might not be comfortable talking about.

There is hope for you in the community. You are not alone, you are not too old, and you are part of this family!

Best of luck on your journey, I hope to see you around the forum!

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Re: How to break a 44 year old habit

Posted by yeshivabachur1 - 22 Aug 2024 10:47

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I don't see any other bachur posting over here. Am I an outlier. How common is this problem with yeshiva bachurim. I'm in a dorm seeing bachurim

In various stages of undress. It is very difficult. I also had a bachur friend with ssa who had similar issues. It led to an unhealthy relationship, but it was an

Outlet.

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