

Breaking The Barrier

Posted by zdawg - 25 Oct 2024 08:56

Hey gang, it's been a long time since I posted on a forum! Brings me back to eighth grade and using harry potter and lego fan forums. That was back in the day when my problem mostly consisted of looking at women in swimsuits and such online. It would quickly get worse.

Anyway, fast forward a bit, I'm 32, I live in Israel for the last little bit I am (ironically) far less religious than I was raised to be but happy for the most part with that for now. I am clean from drugs and alcohol for over a year and a half and have been working a 12 step program for that long. But the real reason I ever began looking at 12 steps was because of my porn and masturbation problem. It's been my "friend" since way back in the 8th grade, maybe even earlier, it's only gotten worse over the years, with chat sites and such kicking into high gear over COVID and not slowing down.

These days I am slowly pulling out of the woods and have been using GYE and the F2F program to encourage more forward progress as I'd like to be totally free. I know one aspect I am struggling with is the community and partnership so I am breaking the barrier and putting a post out to show myself I will not be controlled by those fears.

Anyway, I imagine many of you are still in a three-day-yom-tov vortex so I'll just say chag kasher V'sameach and a gitten shabbos to all for now!

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Re: Breaking The Barrier

Posted by parev - 26 Oct 2024 21:38

Welcome aboard!

Choref Bari

I live in Israel too and in SA, feel free to reach out if you so wish

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Re: Breaking The Barrier

Posted by 1-12steps - 26 Oct 2024 22:17

a gut vuch

yeh, addictions tend to come ???????. When you plug one leak (drugs, alchohol), most people report and insane increase of urges in an "alternative" addiction.

If not this pacifier, than we just use another one.

The solution is not SOBRIETY per say, but RECOVERY. ?? ?? ???????? ??? ???????

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Re: Breaking The Barrier

Posted by zdawg - 27 Oct 2024 07:01

Hi Parev,

I wonder if we've already met! How can I reach out?

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Re: Breaking The Barrier

Posted by parev - 27 Oct 2024 09:42

Sent you a PM with my number

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