

I am desperate for help

Posted by YosefAvinu - 14 Apr 2010 21:55

Hi Everyone,

I don't know where to start. First, I want to say I am grateful for this website and I wish there was some way I could help out. Until I found this websiet the world seemed very dark.

I have been struggling with addiction to lust in various forms since my early teens. I am now in my mid-30's. But I didn't realize, I was addicted or struggling until fairly recently when I began tryig to break free but couldn't. B4 I got married, I thought that was the problem. Marriage and having a family did help, as it meant I was less isolated - less opportunities to act out. Moving to a frum community also helped - again by reducing the opportunities. But it just isn't enough!!! I have a particularly bad run of falls recently and I am really desperate. I tried to find an accountability partner - a friend- but he wasn't comfortable with the idea or the responsibilty. My wife doesn't use the internet or I would have asked her.

When I just became frum, I could study at kollel. but now my head seems all muddled and I am even more isolated, without a regular chavruta. I really need help. I feel so out of it and tired. I am not helping my family out eneough. I am not doing enough hishtadelut for the parnessa bcos of clouded thoughts and tiredness. I really want to be a good dad and husband. And to improve in my relationship with Hashem. I am the point of tears. How could it have gone so wrong.

But this website gives me hope. I cannot do this alone. I have tried, and tried and tried... I need some help please.

YosefAvinu

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Re: I am desperate for help

Posted by silentbattle - 18 Jul 2010 14:41

Great to hear from you. I hope everything works out well.

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