

A vow?!

Posted by ashbalt - 07 Dec 2014 03:15

I've been suffering this porn addiction for long enough and I wanted to know whether I should do a vow to restrain myself. It's been becoming horrible and I want to know if taking the vow helps... Thanks for all the help and this is an awesome community.

=====

=====

Re: A vow?!

Posted by Asher S. - 09 Dec 2014 01:57

.

=====

=====

Re: A vow?!

Posted by ashbalt - 09 Dec 2014 02:03

Lol.

=====

=====

Re: A vow?!

Posted by ashbalt - 09 Dec 2014 02:06

Not comfortable at all doing that even if you explain the benefits of it to me a thousand times... My own image is ruined I don't need others to look at me the same way. Maybe if I'll get someone I can entrust with this task but don't know it'll make it more comfortable.

Do get what I mean?

=====

=====

Re: A vow?!

Posted by jack - 09 Dec 2014 02:42

different things work for different people. ever hear the term ultra-orthodox? well i've come across ultra-orthodox 12-steppers who believe nothing else works. i understand this. after all, that is what helped them so that is what they believe will help others and nothing else. i do not think this way. every person has their own experiences that shaped them in life and therefore different approaches will affect them differently and some will work and some won't. nothing wrong with that. each person has to find what works for them. i believe accepting defeat is crucial - no matter which method you use. we can't do it alone. i have chosen as my higher power my support people. i have less than 5 of these. want to call me names? that's fine. i don't care if you rub your head with egg yolks - if that's what works, then knock yourself out (you probably will).

just one person's opinion.

till tomorrow

jack

=====

====

Re: A vow?!

Posted by Watson - 09 Dec 2014 04:04

[ashbalt wrote:](#)

My own image is ruined I don't need others to look at me the same way.

Sorry, I don't get what you mean.

1. "My own image is ruined." What do you mean? Ruined already or will become ruined if you felt powerless over lust?

Why is it ruined? How will your thoughts on powerlessness change the reality of who or what you are?

I mean, I admitted powerlessness a little under a year ago. That doesn't mean I've been powerless for under a year. I've actually been powerless for much longer I just didn't know it yet. Saying it didn't make it so. Refusing to say it doesn't make it un-so. It either is or it isn't.

Logically only one of two things can be happening here. Either you are powerless already and don't see it. Or you're not powerless and you just need to find the right method. That's fine, either is possible. If you don't believe you're powerless and that only a power greater than yourself can help you, then you need to find the right method of self-control. So experiment. Trial and error until you find the way that works for you. (Message me for ideas, I have hundreds of methods that didn't work for me but might work for you.)

2. "I don't need others to look at me the same way." Who mentioned others? Where do these others fit into this story? Why would other people look at you differently if you felt powerless over lust? How would you know if they did? And who cares if they would? You know what they say, what other people think of me is none of my business.

=====

=====

Re: A vow?!

Posted by Watson - 09 Dec 2014 13:17

Also, I just noticed your age from your profile. Maybe joining the GYE equivalent for teenagers would be a good idea, although I don't have the link.

=====

=====

Re: A vow?!

Posted by jack - 09 Dec 2014 21:16

i wish everyone hatzlacha in their journeys i'm going back into hibernation for...well who knows how long

jack

=====

=====

Re: A vow?!

Posted by belmont4175 - 09 Dec 2014 21:29

Hi Jack!

Although everyone has the right for privacy and the choice to do as he wishes, I would recommend you stay out of hibernation, firstly if you can and have what to contribute to the community of GYE why go in to hiding we desperately need people like you, secondly in this battle of life, hibernation and loneliness in not the best thing.

=====

Re: A vow?!

Posted by jack - 09 Dec 2014 22:03

i'll tell you why.because most people do not think like i do.i have been accused of 'white-knuckling' my recovery.i do not mind that, i really dont.people are entitled to their opinions.especially here, where it's done in a friendly manner.but i really think differently than most people.therefore, i dont think my sharing my experiences will benefit that many people.as i said, we are all a family.but do brothers always listen to each other?

jack

=====

Re: A vow?!

Posted by Kedusha - 09 Dec 2014 23:23

Hi Jack - for the second day in a row!

I'd say Hallel again, but you know what the Gemarah says about someone who says Hallel

=====

Re: A vow?!

Posted by Kedusha - 09 Dec 2014 23:24

[Watson wrote:](#)

Also, I just noticed your age from your profile. Maybe joining the GYE equivalent for teenagers would be a good idea, although I don't have the link.

18 years old is legally an adult in most states.

=====
=====