



Also, along with this "struggler" mentality comes all the shame and dejection after a fall.

I say just stop it already... this is a taava that everyone has. It's natural. It also won't kill you if you don't indulge in it. Eventually it just goes away (I think F2F calls this Urge Surfing).

Yes, perhaps the ta'ava is made worse by the accessibility of porn.

There are also psychological hooks. We turn to this to make us feel good. Calm, relaxed validated, worthy... Recognize that for what it is. And then realize often P&M is not the best way to fulfill those needs.

These are just my thoughts, sharing my experience. It may come across harsh for someone who is not ready to hear it, and it might not fit every situation. Hope it helps someone.

=====  
=====