

Kickin it before I get married

Posted by kickinit81 - 03 Jun 2011 16:53

Hi-

I know and appreciate that this is probably not a healthy attitude but it is where I am. I am getting married in the next few months. I would like to get a good head start on kicking/controlling this addiction before I do! I am almost 3 days clean and they have not been the easiest days!! I have been struggling with this since a friend introduced me to p**n at the age of 14. I am now 26. This has gone on way too long. I was clean for about 6 months before when I went to israel to learn in yeshiva for a second time, but then fell back into almost daily problems. It feels very therapeutic to write this out. I have never admitted except to myself about my issues and feel a lot better about being able to do battle together.

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Re: Kickin it before I get married

Posted by kickinit81 - 10 Jun 2011 20:51

Well, that was not a very successful restart! Ok, I fell again less than 30 min later!!! Ok. I can't beat this on my own. It is too powerful. I want the perspective back that I had gained after only 10 days. There was a very long way to go, but my views of myself and sexuality had grown and developed in that time period. Anyway. I heaby re-re-begin. If someone could help me get back up that would be most appreciated. I was and am afraid that after a fall I will not be as into it as I was the first time, but I will get it and I am going to try to be into it again.

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Re: Kickin it before I get married

Posted by musicman - 10 Jun 2011 21:13

For the next ten minutes, don't fall.

You've won.

now do it again.

You'll slowly regain your confidence.

You can't start the race running, and when you fall, you have to get yourself backup and take the first few painful steps. Only then can you accelerate to racing speed.

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Re: Kickin it before I get married
Posted by musicman - 10 Jun 2011 21:17

YH is kicking you while you're down. It's a dirty trick, and sometimes anger will pull you out of it. Once you can get past the next few hours, you'll have a fighting chance.

Tell H' that you want to this, and you need help, and He will help you. As long as you're willing to do your sincere hishtadlus, you will always receive. Admit to yourself that you are unable to do this alone, reach out for help, and help will be given.

Oh, and read this for some shock treatment.

www.guardureyes.com/GUE/Stories/womStory.asp

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