

1 week and almost failing

Posted by smith - 06 Sep 2017 04:21

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I have been struggling with porn and masterbation for around 6 years I am up to day 7 of my longest on purpose streak

The past 2 day have been incredibly difficult, is it just going to get harder or... Because I am very close to failing and I don't know if I can take another day without giving in

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Re: 1 week and almost failing

Posted by Hashem Help Me - 11 Sep 2017 00:44

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Well its important you speak to someone who can help. There are therapists trained in this area. If not, there are a lot of great people on this site

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Re: 1 week and almost failing

Posted by smith - 11 Sep 2017 03:06

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What does talking to some one do? What difference does it make

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Re: 1 week and almost failing

Posted by Hashem Help Me - 11 Sep 2017 03:53

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First of all it makes you realize that other normal,nice,erlich,intelligent people are suffering. The rasha/loser feeling we all have (which just knocks us down and makes us act out again) can slowly be pushed aside. Secondly, being accountable to someone else is a deterrent. Thirdly, just getting this thing out in the open minimizes its stranglehold on us. It feels good to share.

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Re: 1 week and almost failing

Posted by RobFloyd - 11 Sep 2017 15:52

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and fourth, you can benefit from someone else's experience and knowledge.

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