

First Real Test

Posted by mystory - 17 Sep 2017 08:26

---

I have just started my 90 days free from watching porn or viewing images.

and I am having a very hard time. Today is my first real test until this time It was easy as kids were home sick, or wife was home. Today no one is home. I could easily switch over to a porn site and watch for a few moments.

I sort of feel this withdrawal feeling in my body its sort of hard to explain. Which might be why i am babbling, but A voice in my head tells me to look at all the positive benefits you get for watching porn. Your happy, its relaxing, your sex life is better if you don't go over bored. etc.

Anyways just wanted to post this and try to express some of my feeling to others.

Thank you for reading.

=====

Re: First Real Test

Posted by heiligeryid - 17 Sep 2017 17:36

---

'w but A voice in my head tells me to look at all the positive benefits you get for watching porn. Your happy, its relaxing, your sex life is better if you don't go over bored. etc.

I can relate very much to the withdrawal feeling you are experiencing, but i don't think that any of us felt that watching porn is "making happy" "relaxing", and on the contrary it just made my "sex life" a "lust life" that never satisfies our fantasies.

What it does cause is "escaping reality" and fake happiness and relaxation.

=====