

Setting Goals

Posted by mystory - 09 Oct 2017 05:47

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I dont know where I stand.

I have four addictions that I am trying to break.

- 1) Masturbation
- 2) Video watching
- 3) x-rated Image Viewing
- 4) Story Reading

I have been masturbating since I was 13 years old. I have been watching videos on the internet for the past 10 years. I have been viewing images for about 20 years and story reading for around 25 years.

I am doing the 90-day chart. So far I am not watching any videos or viewing any x-rated images.

but I am not doing so well with the Masturbation or story reading.

The story reading is very hard for me to stop as the stories i am reading are not x-rated stories but rather pg-13 stories with sex scenes in them. Then i let my imagination do the rest. But Its not like i can put a filter on them, as these are stories that you can download from amazon.com . So looking for some advice on how to do deal with this. As I d feel I am starting to justify my actions too much

which needs to stop. So Just wanted to share a current struggle I am going through.

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Re: Setting Goals

Posted by Markz - 09 Oct 2017 12:02

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Thanks for sharing

I don't have an absolute answer for you now - the question alone, bringing your struggles to the light is highly beneficial and can get you where you need 1 step at a time

It gets a little murky when you have different threads floating about - try keep your thoughts in 1 thread and it can help you

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