

I'm new here! Hoping someone has some advice

Posted by Hopeful108 - 24 Jan 2018 02:52

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Re: I'm new here! Hoping someone has some advice

Posted by Markz - 24 Jan 2018 03:12

Welcome

I was acting out between dating and marriage, so it's a perfect time to start recovery.

Keep On Trucking!!

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Re: I'm new here! Hoping someone has some advice

Posted by Hashem Help Me - 24 Jan 2018 04:32

Welcome. You will iyh be fine. Its most important to focus on recovery, staying away from pornography no matter what , and ignore the flatline issue. Iyh when you get married, everything will function properly. Being concerned about this is very normal, but again try to not focus on that issue at all at this point.

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Re: I'm new here! Hoping someone has some advice

Posted by Singularity - 24 Jan 2018 14:06

[Hopeful108 wrote on 24 Jan 2018 02:52:](#)

My question is as follows. While this may have not been entirely advisable, I have been involved in dating, even while I was involved in destructive behaviors. Recently I met a wonderful frum quality girl, and I'm really starting to think this might be the one. The reason I am nervous, is because I have been experiencing the "flatline" effect. **While I am confident that I will never watch porn or masturbate again, especially now that I feel like I have something to fight for**, it still takes time to get out of the flatline. I am really afraid that should this relationship work out, I will not be ready in time. Of course it would have been better to pause dating life while recovering, but obviously it's too late for that.

Has anyone else been in such a situation? Any insight would be very much appreciated.

Your attitude reflects your username. What makes you so confident? Do we have different definitions of the word "never"? Remember, never is a long time. Long, long time. What are you doing to ensure this?

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Re: I'm new here! Hoping someone has some advice
Posted by Hopeful108 - 24 Jan 2018 22:34

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Re: I'm new here! Hoping someone has some advice
Posted by Singularity - 25 Jan 2018 07:47

[Hopeful108 wrote on 24 Jan 2018 22:34:](#)

Hi singularity. Never is indeed a very long time. When I say I will never do it again, of course that doesn't mean I know for certain I will never stumble. It means that this is my mindset. I am completely and wholly dedicated to making it my life's goal to stay away from destructive behaviors forever. I feel like I will never do it again. I believe that this mindset is crucial for me to succeed. I cannot leave any room in my mind for the possibility of not keeping to my commitment.

That said, everybody is human including me, and if I do stumble I pray that God gives me the strength to renew my commitment.

But that's not a possibility I prefer to plan for.

I understand that for some people it may be better to think about the possibility, so that they won't be completely devastated if it happens, but for where I'm at right now, I believe this is the best mindset for me.

And as for what I'm doing, in addition to developing this mindset and completely stopping my behaviors, I've begun to work hard on my spiritual development. I've been reading some great books (I recommend The Spiritual Self by Rabbi Twerski), and listening to speeches. Also, a lot of davening. And filters.

Hatzlocha! KOT!!

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So to sum up, it's a reflection of my mindset, I'm not trying to be cocky