

Time to quit!

Posted by bentorah613 - 07 Apr 2021 21:39

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It's time to quit porn!

Why is it seemingly so much harder to quit porn than it is to say quit smoking or alcohol. Not saying it's easy to quit smoking, but I've definitely heard plenty of people saying they just decided to quit and haven't touched a cigarette since. I haven't heard the same about porn. Is it because it builds off a natural taava while smoking is acquired? So it's more than just the addiction that makes it so hard, it's the natural taava...

Is it just me or do people agree?

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Re: Time to quit!

Posted by Striving Avreich - 07 Apr 2021 22:07

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I disagree. There are 12 step programs for people that are addicted to cigarettes and alcohol. There are also 12 step programs for people that are addicted to sexual related issues (called sexaholics anonymous).

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Re: Time to quit!

Posted by wilnevergiveup - 08 Apr 2021 06:15

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There ae many forms of addiction and they are all difficult to break.

There are experts that say that sex and food addictions are the most difficult because they are both connected to survival and we naturally desire them.

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Re: Time to quit!

Posted by Striving Avreich - 08 Apr 2021 08:50

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My point was that there are real programs and methodologies that do wonders for the most sexually addicted people out there.

Yes, we naturally want, but there is a way to go about learning to live life instead of being consumed by this terrible addiction.

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