

Lion Free journey each day!

Posted by lionfree - 10 Mar 2024 18:53

Day #1

I relapsed a ton of pornography. Right now I'm feeling the urge to continue watching porn. Hopefully things will get better. I don't see if future or I'm Watching porn forever.

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Re: Lion Free journey each day!

Posted by lionfree - 24 Feb 2025 07:02

I haven't posted in a while, and honestly, I haven't made much progress—if anything, I think I've declined. I tried an online 12-step program, but it didn't really work for me. The group leaders gave me mixed messages—one told me I had other underlying issues and shouldn't be in the group, while the other encouraged me to keep attending. That contradiction left me feeling confused and stuck.

Lately, I've found Guard Your Eyes to be the most helpful resource.

Right now, I'm living in an apartment with roommates, and I'm finally starting to find a career path that interests me. I've already switched majors in college, and by most measures, things in my life are going well. But I'm still struggling with this habit—pornography and masturbation. I spend about an hour a day in the bathroom, going back and forth between watching, trying to talk myself out of it, and feeling powerless.

I've started reading the Guard Your Eyes handbook, and it has some good insights so far. I don't think my issue is purely an addiction—I believe a big part of it is intrusive thoughts. The more I try not to think about porn, the more it's on my mind. And when I do think about it, it feels like I'm inevitably going to give in.

I already have OCD, and when you combine that with pornography, religious guilt, and the pressure to stop, it just makes me feel crazy. I don't even enjoy it—I do it because it feels like I have to. Sure, there's a thrill to it, but every time I finish, I feel awful. I know it's wrong, and I know how much damage it's caused me.

My sister doesn't want to talk to me anymore because I've criticized her outfits. The truth is, I've done that because I don't like the intrusive thoughts they trigger, and it frustrates me.

Right now, I feel hopeless. But at the same time, I do believe that I'll overcome this eventually—I just don't know how long it will take. I don't even know how many days it's been since my first post, but here I am.

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Re: Lion Free journey each day!
Posted by yitzchokm - 24 Feb 2025 15:29

It is nice to see you back. I don't think criticizing someone's outfits is going to help you heal. OCD is really tough. If you have a real addiction I don't know whether there is anything aside for the 12 steps which have been proven to be effective. I think efraim@guardyoureyes.com can answer whether you need the 12 steps. After speaking with Efraim you can also speak with Hashem Help Me and design a plan together with him. Wishing you success on your journey.

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