

**GYE - Guard Your Eyes**

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The ultimatum came...

Posted by superyid - 27 Mar 2025 22:12

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Crazy thing, but throughout the time I've been watching porn in my marriage, I've been really afraid of getting the ultimatum from my wife: me or porn.

Well now it came...

You know what? It finally cracked open the armor that I built inside of me, that was actually preventing me from getting the help I need. So I'm all in now. and starting on my 90 day challenge. Here We Go!!!

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Re: The ultimatum came...

Posted by captain - 28 Mar 2025 12:52

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Great to see your excitement! I'm going to suggest adding something to help you, besides just for your current motivation and counting days to 90. We have some great guys here who can make some suggestions of something you can take to strengthen you.

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Re: The ultimatum came...

Posted by superyid - 29 Mar 2025 19:24

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Thanks @captain! I like that idea. Any suggestions oilam?

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Re: The ultimatum came...

Posted by eerie - 30 Mar 2025 06:06

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First: Get on your knees and beg your wife to please accept your teshuva, you really will never

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watch porn again. Take full responsibility for all her pain and anguish, validate her, and promise it will not happen again

Second: Get in touch with some (more) of the chevra here so that you learn how truly never watch porn again

Third: Keep growing, staying away from lusting

Fourth: Fix your brains misconceptions of sexuality so that your wife can learn to trust you again

Super Yid, I know that none of what I've written is a chiddush, as we've spoken about this plenty. I just wanted to share with the oilam, I hope that's ok

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