

sign me up

Posted by trying-hard - 07 Oct 2010 17:24

My "relationship" with pornography goes back over 30 years (I am 45). There were times when I went without for months and even a few years when i first got married but I always come back. Hopefully this place will allow me to finally overcome.

Pornography came close to completely destroying my life 5 years ago but my amazing wife hung in there, and I had been sort-of OK since then, till about 6 months ago. Over the weekend I finally realized how far i had fallen again and decided to do something about it

I am on day 3.

Thanks for listening

=====

Re: sign me up

Posted by briut - 13 Oct 2010 20:47

KSH has it right. In pop psychology, they talk about setbacks as a rubber band. You're pulled back and back, further from your goal. And then that 'momentum' is released and you're propelled FAR further than you could have gone through a linear path.

So the "dynamic tension" (as the pop psychologists say) of being pulled very tight in the wrong direction... is actually the force that propels you like a rubber band shooting a bb toward the target.

I also like to think that the "intensity" of the force, and not the direction it's heading, is the important part. "The opposite of love is not hate, it is indifference." Elie Wiesel.

Have I just rambled on needlessly, endlessly, without a direction home ?

=====

Re: sign me up

Posted by Dov - 13 Oct 2010 21:04

[trying-hard wrote on 13 Oct 2010 19:22:](#)

I truly appreciate the *chizuk* I get in here and it is helpful, but sometimes I wonder if anyone here really knows what I am going through. How far I have fallen and what pornography has led me to in the past and what I struggle so hard to keep away from.

...seriously. You have **got** to be kidding. You are about as 'alone' as a blind and deaf guy in the middle of a NASCAR race is. If you need a tap on the shoulder to prove to you that someone is

=====

Re: sign me up

Posted by trying123 - 14 Oct 2010 19:44

[trying-hard wrote on 13 Oct 2010 19:22:](#)

I truly appreciate the *chizuk* I get in here and it is helpful, but sometimes I wonder if anyone here really knows what I am going through. How far I have fallen and what pornography has led me to in the past and what I struggle so hard to keep away from.

Everyone experiences their hardship in a different way. No one will ever 'truely' know what you are going through....

But people's struggles all have a common thread..

Re. the extent of the falls why not share your story...

(if it's triggering share it privately with someone..)

Much success!!

=====

Re: sign me up

Posted by trying-hard - 18 Oct 2010 17:34

14

It is amazing how much just wanting to come in here and post a new number helps me.

=====

Re: sign me up

Posted by ZemirosShabbos - 18 Oct 2010 18:06

being part of a like-minded group and helping each other is one of the greatest tools this site has to offer, so keep coming back and posting

=====

Re: sign me up

Posted by trying123 - 19 Oct 2010 19:21

[trying-hard wrote on 18 Oct 2010 17:34:](#)

14

It is amazing how much just wanting to come in here and post a new number helps me.

Amazing!!!

=====
=====

Re: sign me up

Posted by Dov - 20 Oct 2010 03:14

Sweet.

=====
=====

Re: sign me up

Posted by kutan - 20 Oct 2010 14:40

Baaaah Baaaah Baaaaah

Can one of the smart humans please eluminate kutan as to the significance of the number 14?

(Please do not refer me to the book: Life, The Universe, and Everything).

=====

=====

Re: sign me up

Posted by ZemirosShabbos - 20 Oct 2010 15:06

14 meals on Pesach (including chol hamoed)?

14 books in the Rambam's Mishnah Torah?

14 is half of 28 which is the number of "times" in Mishlei, Eis lehov veeis lisno etc.?

i think the real answer is that any day or number of days that a yid tries to pull himself up by his

baa baa

=====

Re: sign me up

Posted by kutan - 20 Oct 2010 17:18

LIGHT BULB

=====

Re: sign me up

bootstraps is precious beyond words
Posted by trying123 - 20 Oct 2010 19:13

[kutan shel hachabura wrote on 20 Oct 2010 14:40:](#)

Baaaah Baaaah Baaaaah

Can one of the smart humans please eluminate kutan as to the significance of the number 14?

(Please do not refer me to the book: Life, The Universe, and Everything).

14 is the number of Galaxies that were thought to be in discovery process amidst the turn of the previous century's golden year revolutionary war of the Green. (for further enlightenment see the book: "Life, The Universe, and Everything")

=====

Re: sign me up
Posted by ZemirosShabbos - 20 Oct 2010 19:40

14 is how old i was when i mysteriously started becoming a lot smarter than most of the adults I knew. come to think of it, a lot of my friends became way smarter than their parents at that age too.

funny thing is that when i hit 20 they started becoming smarter than me again. never figured that one out.

=====

Re: sign me up
Posted by ur-a-jew - 20 Oct 2010 20:06

[kutan shel hachabura wrote on 20 Oct 2010 14:40:](#)

the significance of the number 14?

14 days = 336 x ??? ??? ??? ?????? ?????? ?????? ?????? ??? ??? ??? ?????? ???

14 days = 1209600 x "every second they hold back they are earning reward that no person or malach can fathom"

=====

=====

Re: sign me up

Posted by Dov - 21 Oct 2010 02:45

There are 14 bones in the fingers of the hand...which is why it is called a "yad". (Rav Yaakov Koppel, c. 1680)

(...don't count the palm bones, of which the long bone of the (2-boned) thumb is one)

=====

=====