

BackToBasics - My battle begins

Posted by yesodos12 - 12 Jul 2009 14:25

Hi everyone,

I have just joined the group. Writing this brings tears to my eyes because I have never been able to ask for help in this area before. This is the start of breaking an 11 year habit, something that makes me both proud and humble, as well as very, very ashamed. I've always been too embarrassed of my addiction to ever get any help face-to-face, and deep down I've lost the belief that I can make a lasting change in this area.

I saw the website for the first time on shiva asar betammuz, and I was amazed that there was so much help available to me, to get out of my crushing addiction, as well as kindhearted people who are building this site and building the participants along with it. It has kindled the hope inside me that I can face down this challenge, overcome it, and eventually destroy it.

I guess, if I'm honest, my main motivation to break the habit is the fear of somebody finding out about it, especially my wife. I'm scared that it will cause me to lose my job, reputation, marriage and children. I'm even scared that she is somehow going to read this post, find out that it's me writing, and get the shock of her life that she is married to a porn addict. The fact that I would consider losing everything I hold dear for the sake of some stupid, cheap thrill, amazes me. I am amazed at my own stupidity. I guess this proves that I'm an addict - I never thought of myself that way until now, I've just been in denial.

I'm four days clean now. It's been easy so far, but I know what happens. I get overconfident, I get uninspired, I forget everything I've fought for, and

BANG, I'm back in my stupid self imposed prison. How do you instill belief in change after so so many times of falling?? This is especially problematic for me, as I generally don't spend hours on end looking at porn. I just do a 30 minute escape from reality, and then resurface as if nothing ever happened, and get on with my life. I have no problem being a tzaddik for 95% of the time, but it's the 5% of misbehaviour that makes me an addict and a fool.

Every single Rosh Hashana and Yom Kippur has been filled with regret for my addiction, and yet still nothing has changed yet. I've improved in many different areas, but I actually feel that in this area I've sunk in recent years. I would love this year to be different - perhaps you guys can help me ensure that it will be?

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Re: BackToBasics - My battle begins
Posted by bardichev - 12 Oct 2009 18:43

3. Youtube and google video is an automatic fall. I'm not saying this for everyone, but for me it is, as it fans the flames of lust.

I AM SAYING IT FOR EVERYONE!! SORRY IM A NYer AND SAY IT THE WAY I SEE IT TOO BAD

YOUTUBE AND GOOGLE VIDEO IS A AUTOMATIC FALL

IT FANS THE FLASMES OF LUST!!!

I CRIED MY EYES OUT BY VCOL HARISHAA KI-ASHAN TICHLEHHH

OY HASHEM YOU ARE A KOL YOCHOIL GET RID OF YOU TUBE ITS A WMD

BARDICHEV

ooops

bardichev

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Re: BackToBasics - My battle begins
Posted by Kedusha - 13 Oct 2009 03:48

I've said it before: If I can do searches on Google Video (or YouTube), I'm toast!

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Re: BackToBasics - My battle begins
Posted by Sturggle - 13 Oct 2009 09:13

BTB,

looking forward to hearing more from you in the near future...

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