

Debating

Posted by vibrantchosid - 21 Mar 2024 00:16

I've been masturbating and lusting for several years and things are getting worse and more intense, but I keep struggling with really being honest that this is getting worse etc. but I don't really want to continue either, any advise how to make the program work?

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Re: Debating

Posted by foolie - 21 Mar 2024 00:19

Work it step by step and don't rush the process

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Re: Debating

Posted by vibrantchosid - 21 Mar 2024 00:23

But don't you need it already by step 1?

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Re: Debating

Posted by foolie - 21 Mar 2024 00:37

As far as I can tell the process starts with step 1

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Re: Debating

Posted by Hashem Help Me - 21 Mar 2024 01:56

Maybe share some un-identifying history so the oilam can respond.

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Re: Debating
Posted by vibrantchosid - 21 Mar 2024 02:33

I'm holding now where I'm turning to porn more often and I feel myself losing interest in trying to fight it instead I'm more and more allowing porn to take my mind over

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Re: Debating
Posted by yitzchokm - 21 Mar 2024 14:48

Did you do the "Your desire for change" section of the Flight to Freedom program?

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Re: Debating
Posted by vibrantchosid - 22 Mar 2024 04:07

I don't think so. But is the flight to freedom also for addicts or just for non addicts?

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Re: Debating
Posted by yitzchokm - 22 Mar 2024 05:11

The F2F program rewires the brain for most people. Someone who is a real addict might sometimes need the 12 steps program but what makes you say that you are a real addict? I tried stopping for 3 decades without success before joining GYE and taking the F2F program. I had zero control over my desires and I was sure that it was an addiction but in the end I wasn't a real addict. I took the program and became a free man. For most people the F2F program, the book The Battle of the Generation, the forum and reaching out to friends is enough to break free. If you haven't tried all of these with determination for a longer period of time I don't know whether you should jump to the next level of the 12 steps program. Breaking free is a process and it takes time, but if you do everything I mentioned you will probably break free. Here is the

link to the ebook: <https://guardyoureyes.com/ebooks/item/the-battle-of-the-generation>

I suggest that you reach out to the main mentor, Hashem Help Me, at michelgelner@gmail.com and discuss your plan with him. He has helped many people including myself and you won't regret it.

Keep us posted on how it goes. Keep on posting and sharing and make friends. Rooting for you.

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Re: Debating
Posted by vibrantchosid - 24 Mar 2024 04:57

I sent a message to the text guy, and he gave me a list of questions to determine if I'm a addict and I checked out with almost all of them, so he recommended looking into 12 step program, so that's why I'm wondering if also F2F will help me

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Re: Debating
Posted by yitzchokm - 29 Mar 2024 12:14

Definitely not in place of the 12 steps program.

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Re: Debating
Posted by yitzchokm - 31 Mar 2024 18:57

I suggest that you read The Battle of the Generation. Here is the link to the ebook: <https://guardyoureyes.com/ebooks/item/the-battle-of-the-generation>

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Re: Debating

Posted by yitzchokm - 31 Mar 2024 18:59

Even if you are going to do the 12 steps I think that you will still benefit a lot from The Battle of the Generation.

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Re: Debating

Posted by vibrantchosid - 31 Mar 2024 19:02

Ok, I'll check out. Thank you!

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Re: Debating

Posted by vibrantchosid - 01 Apr 2024 21:20

Does anyone have a copy of the white book in pdf form?

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