

Chat Example: Porn Addiction (Male)

COACH 4:14:09 am
Hi, John.

I see your topic...

DR JOHN 4:14:19 am
Hi

COACH 4:14:20 am
Tell me what's going on.

DR JOHN 4:14:28 am
Ok I'll keep it brief

thing is

COACH 4:14:37 am
Listening.

DR JOHN 4:15:43 am
I'm an orphan and 29 years old. I got hooked into porn early on at about 14. So I've been always masturbating reasoning to myself that it's not a sin as I'm a doctor and I know it's physiology

But

COACH 4:15:55 am
Ok.

What kind of doctor are you?

DR JOHN 4:16:43 am
I've been trying to prepare for an entrance exam since 2 years now..and I also got married ...im now a general physician and I'm trying to get into a residency program that is super duper competitive and I need to work 12 plus hours.

COACH 4:17:02 am

Does your wife know about this struggle?

DR JOHN 4:17:05 am

So whenever I sit to prepare the brain wiring kicks in and the urges come

No she doesn't ..she's a bit conservative and I'm trying my level best to break free

COACH 4:17:35 am

You can't do that alone, John.

DR JOHN 4:17:39 am

I've been off porn for about 10 max

COACH 4:17:45 am

10 what?

DR JOHN 4:17:55 am

That's the best I could do 10 days

So thing is

COACH 4:18:03 am

Yes?

DR JOHN 4:19:09 am

Recently I've read deep into addiction reasearch and this simulates the brain I've even talked to a psychiatrist buddy of mine and he told me that even though it's healthy masturbation and porn for decades doing it 2 times a day minimum can wreak the brain

So I've decided to stop it entirely

COACH 4:19:25 am

Yes, it can cause big problems for the brain and body.

DR JOHN 4:19:45 am

But coming to the spiritual side I've never prayed for this as I never considered this a burden or sin per se

COACH 4:20:01 am
That's a very debated issue.

DR JOHN 4:20:02 am
But now I've completely changed that view

COACH 4:20:09 am
Let's back up a sec....

what spiritual path do you follow?

DR JOHN 4:20:34 am
That's why instead of reading and watching videos on this I thought. I'll ask someone who is spiritually rooted seeing the Instagram video from nick

COACH 4:20:52 am
Sure:)

DR JOHN 4:21:07 am
I am a Christian Protestant and yea I've been very much trying. To walk in the spirit only to fail miserably in like 3 days

COACH 4:21:17 am
But you know for sure you are born again?

DR JOHN 4:21:20 am
So that is where the help is needed

I would like to think so

coz I've never done anything else

Without a spiritual context in the matter and I pray Bfr every decision I take

COACH 4:22:28 am
What if I ask you, John, Who is Jesus to you? Can we start there? I do have help for your issue, but I have to start with a solid foundation.

DR JOHN 4:22:42 am

This is the only area that gets out of my hands coz these frontal brain circuitry have been set since I've been 10

Yea sure do tell

Yea Jesus to me is my lord and savior

COACH 4:23:23 am

Ok, I'm glad you see Him that way!

DR JOHN 4:23:30 am

And yea me and my wife we depend upon everything towards Jesus

COACH 4:23:36 am

Did you know the Bible has a plan for getting victory over our "stumbling blocks"?

DR JOHN 4:23:39 am

We pray too daily

I would love for you to detail it up for me ...victory over stumbling blocks

COACH 4:24:07 am

Let me find the verse that is at the core of the help you need....

DR JOHN 4:24:14 am

Sure thanks

COACH 4:24:19 am

James 5:16 Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.

Who else knows about this problem you're struggling with?

DR JOHN 4:24:58 am

Pretty much just me ..thing is I don't have a reliable family environment to share this ..not like the western world here haha

And

It's isn't something people discuss casually here in India

So I have to deal with it on my own sadly

COACH 4:25:29 am

I understand.

You might be surprised by this...

DR JOHN 4:25:38 am

But yes I do want pu

COACH 4:25:53 am

but in the US, it's very hard to talk about, too. It's a very secret, shameful thing in churches, but many, many men struggle with this.

DR JOHN 4:26:04 am

To put and end to this and I m usually very successful once I put my mind into it ..but I do need help

COACH 4:26:36 am

Porn is more addictive than cocaine, according to brain imaging.

DR JOHN 4:26:46 am

Yea sensitive issues but as a doctor we do deal with addictions and the later realisation to me was a god send

COACH 4:26:46 am

But it is possible to have your mind set free.

DR JOHN 4:26:52 am

Yup I know that

COACH 4:27:08 am

Sure. Let me give you a few websites that directly address this issue, and the first one even offers an online accountability partner option:

DR JOHN 4:27:14 am

But I know the technical side but I know it's not much help without divine intervention

COACH 4:27:20 am

<https://settingcaptivesfree.com/>

That is a Bible study and accountability site dealing with sexual addictions. ^^

DR JOHN 4:27:35 am

Mmh accountability partner seems good

COACH 4:27:35 am

Here are a couple more:

<https://xxxchurch.com/>

Another Bible study on the subject:

www.conquerseries.com

DR JOHN 4:27:59 am

Ok I'll try to get in to these sites

COACH 4:28:17 am

But, you will have so much more success if you can find even one man you trust, a Christian mentor, that you can humble yourself to go to about this and ask him to keep you accountable.

Addictions are conquered best by strong, godly accountability.

DR JOHN 4:28:44 am

That's not in supply here unfortunately...

COACH 4:28:54 am

I understand. That's why the online option might be good, too.

DR JOHN 4:29:06 am

Yes thank you I'll try to get into them

COACH 4:29:18 am

You probably need to have an honest talk with your wife. You can download an app called Truple onto your phone, which will send her random screenshots of your phone activity.

The Bible says that she is supposed to be the one who satisfies you and delights you, and right now, your addiction is stealing that pure, innocent joy from you.

DR JOHN 4:30:21 am

Like I said..it's not the US here...people don't talk about this stuff not just out of shame here..it brings in the ire of the community and family..not an enlightened crowd here

And coz I don't have any family pe other than hers

COACH 4:30:37 am

That's unfortunate, but I do understand.

Let me give you one more, and they have online accountability groups:

<https://www.celebraterecovery.com/>

That might be the best option for you for now.

DR JOHN 4:31:16 am

Mmh thanks I do appreciate it

COACH 4:31:23 am

But you need SOMEone, even if it's online, asking you hard questions and making sure you're taking the steps that these sites outline for victory over this addiction.

God CAN renew your mind. He CAN restore the joy of your salvation. That's going to happen with three tools, though:

DR JOHN 4:31:45 am

Mmh yea I understand that ..thank you for the deuce
Advice

COACH 4:32:00 am

Obedying the Spirit, immersing your mind in His Word, and becoming open with other believers.

DR JOHN 4:32:01 am
Oh and the three tools ?

COACH 4:32:05 am
^^

DR JOHN 4:32:13 am
Thanks yes I'll follow through

COACH 4:32:14 am
The Spirit, the Word, and fellow Christians
I'm going to give you my email....

and after you choose one of these Bible studies to sign up for, I want you to email me when you complete it and tell me how you're doing.
Coach@groundwire.net

DR JOHN 4:32:47 am
Yea sure I'll let you know ..

COACH 4:33:01 am
Ok. Take care, brother.

DR JOHN 4:33:01 am
Thanks Coach

COACH 4:33:11 am
God has better for you in the future. He's going to set you free.

DR JOHN 4:33:14 am
You know the thing is

COACH 4:33:21 am
If your eye offends you, pluck it out. Take strong action against this struggle.
yes?

DR JOHN 4:34:40 am

In the US...doctors are a dime a dozen right ...I cracked the matrix and an orphan guy became a doctor in the small village Im from..that's thru only reason I even got a marriage proposal...usually orphans don't make it far here...and since then..I've been the go to for any medical or social advice and mentorin along with mediation in this area since everyone's

everyone knows me

People aren't understanding to the fact even we are weak

And especially those who are super conservative

COACH 4:35:13 am

I understand.

DR JOHN 4:35:22 am

Not the enlightened crowd we see in the US

COACH 4:35:36 am

In your case, for now, having an online Bible study group or accountability partner might be the best until you find a man there you can open up to.

DR JOHN 4:35:54 am

Even homosexuality isn't a sin anymore there right haha ..so that is why it's hardline here

Yes I understood that

Thanks for the advice

COACH 4:36:24 am

Yes.

Let me know how it goes!

DR JOHN 4:36:36 am

Sure will do