

jiust need to get it out there

Posted by strugglingandstrivngBT - 03 Nov 2011 20:21

I was checking facebook and I saw a really triggering photo. Like, really bad. and as I was going to block it I quickly clicked it instead to look better. i quickly got away but I clicked it none the less. as I was waiting for davening to start no less. ugh. Why would that test be put there for me? I'm so upset I did that, but I'm controlling myself otherwise. Im not going to let this bring me down. not no way, not no how. I just wanted to vent. feeling like I'm alone in my struggle. trying to define what my struggle is. thanks.

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Re: jiust need to get it out there

Posted by bardichev - 03 Nov 2011 20:23

maybe delet your facebook account

hey you might think

what is one billion minus one

i say its HUGE!!!!!!!!!!!!

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Re: jiust need to get it out there

Posted by strugglingandstrivngBT - 03 Nov 2011 21:08

not ready to delete facebook. i keep in touch with too many friends via it.

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Re: jiust need to get it out there

Posted by ur-a-jew - 03 Nov 2011 21:49

[strugglingandstrivngBT wrote on 03 Nov 2011 20:21:](#)

I quickly got away but I clicked it none the less. as I was waiting for davening to start no less. ugh.

[strugglingandstrivngBT wrote on 03 Nov 2011 21:08:](#)

not ready to delete facebook. i keep in touch with too many friends via it.

You may not be ready to delete it completely but maybe you can set certain parameters such as no checking your phone within 100 feet of shul (and certainly not in shul). Limit you time on facebook to certain periods of the day. Have a machsom l'eynaim. Certain times during the day I will not check my facebook account at all. Finally, accountability software. Sounds like you have a smartphone. You can get accountability software for your phone as well. Hatzlacha

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Re: jiust need to get it out there

Posted by tryingsohard - 03 Nov 2011 22:24

I've often found that, at least for me, I have the urge to fall or indeed I do fall at the absolute worst times. Whenever I'm about to be doing something fun, or ive just finished something fun or I want to be clean for a certain occasion, that's when the hardest moments are. I'm not sure why its like that, but even today I someone showed me a funny, clean, video clip and we both had a good laugh. As soon as I was alone again I had an incredible urge to fall. I think there is even a biological reasson- when you fall, your body releases a tidal wave of chemicals that make you feel great very briefly (the guilt crash comes after these chemicals are depleted) so when your brain releases only a little bit, your body which wants the tidal wave that its used to,

acts up. Anyway what I did when I was about totally was I told myself ' just be happy with this good time you had, you don't need anything more' I think its important to recognize the times when the desire to fall comes, which are often when you absolutely least want it to (like in shul waiting to daven). Those are the times you need to be especially vigilant. You CAN do it!!!!
Good luck!!!

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Re: jjust need to get it out there
Posted by strugglingandstrivngBT - 04 Nov 2011 00:23

so far so good. not even thinking about it most of the day. I do have a strong urge right now but things are so good that I cant blow it. I'm about to have a shabbos to shabbos clean which I havent done in a while. im excited!

I do have accountabilty software, and I was actually on a laptop. My shul is my school so theres wifi. its a good idea though about not checking at certain times. I'll keep that in mind.

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Re: jjust need to get it out there
Posted by 1daat - 04 Nov 2011 02:20

A week! With the urges big like you're having? What a beautiful thing to bring into Shabbos. How much you must love your God. KOT

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Re: jjust need to get it out there
Posted by obormottel - 04 Nov 2011 07:05

Did you congratulate yourself for not looking further? Concentrate on the good things you accomplish and compliment yourself for them often. Of course, put all kinds of places in place, like not bringing your phone or computer into the bedroom or bathroom with you, only chek your email and facebook when there are other people around. You know what you need better than i!

But way to go, brother

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Re: jiust need to get it out there

Posted by strugglingandstrivngBT - 06 Nov 2011 19:54

with the help of Hashem I am still going. It's hard though. went to a coed shabbaton (didnt realize the ratio would be how it was) with a lot of kol isha and not totally tznius girls and made it out alive. BH. Didnt mean to but it became cavod habrios if i were to walk out. Caused me to have a baal kri and now im super tempted because of it but BH I'm still clean, 11 days! thanks for the support. i needed it, as I totally forgot about the phone meeting (its a disease of forgetting after all) and needed something to give me a boost earlier.

hope all is well with all!

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Re: jiust need to get it out there

Posted by obormottel - 06 Nov 2011 22:00

WAY TO GO! ATTA BOY!

Really awesome work, SSBT, KOT!

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Re: jiust need to get it out there

Posted by strugglingandstrivngBT - 08 Nov 2011 03:20

after a stupid fall last night leading to an urgent call to a Rabbi (how embarrassing) and a fast day coming up tomorrow, I was so done with this crap. I wanted to be clean and was committed. now I feel just like I did before I fell. I still want it. im craving hard right now. im not caving, but I'm not feeling nearly as motivated as I was. I really dont like this. ugh. just a vent. keep on fighting all! we can do this.

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Re: jiust need to get it out there

Posted by Gevura Shebyesod - 08 Nov 2011 03:42

[pretending to be Bards]

KEEEEEEP ONNNN TTTRRUUUUUUCCCKKKKIIINNGGGGG!!!!!!!

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Re: jjust need to get it out there

Posted by obormottel - 08 Nov 2011 04:18

Go for a jog. Change your routine. Read something on the GYE

website, like the archives or something. You're right, we can do it. G-d and us, that's it.

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Re: jjust need to get it out there

Posted by alexeliezer - 08 Nov 2011 18:25

When you get on facebook, tape a piece of paper to the right-hand side of your monitor so you don't see the ads.

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