

Emergency! advice needed from computer master

Posted by ???? - 19 Apr 2013 18:23

i looked last week (maybe the week before) in an unapropriate site & ever since then I get spam emails from them. it's too much triger for me & i need to know how can i stop ir without going first to their site!

thank you in advance!

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Re: Emergency! advice needed from computer master

Posted by Dov - 19 Apr 2013 18:41

The gemorah asks what to do if one is in the middle of eating and cannot remember if he said a brocha or not.

It answers, "Yeilech eitzel chochom."

Then it asks, "well, *what good is that gonna do now?!*"

It answers, "He will go to a chochom and learn not to be so careless with his brochos for ***next*** time."

Oh...yeah.

Whenever I pay the price for my actions with real consequences like you describe, I try to remember not to do what we always used to do: *blame the consequences* for my pain. I try to remember and say to myself and admit to other (safe people) openly that this is the result of my own actions, and I am paying the price.

When guys have gotten caught betraying their wife, children, or whoever, by acting out their lust behaviors...they suffer, are reviled, shamed, mistrusted, etc. We need to get used to calmly and openly admitting to ourselves and to other recovering people that the source of this pain - *even if it is unfair* - is our acting out caused by our lusting.

This may seem harsh, guilt-ridden, and mean...but that's not true. It's just not the way it turns out. It brings us into *reality*, *real life* and *acceptance*. And that helps our recovery and is a precious and healing thing to do.

There are particulars and exceptions to this rule in relationships, but this is enough for right now.

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Re: Emergency! advice needed from computer master
Posted by tryingtobeme - 19 Apr 2013 22:02

you have a few options. one is click the spam flag while the email is highlighted and hopefully it will stop more. the other option is to go to your settings and find a key term or address that is common to all of the emails and block that as spam. the third, much more risky, but more likely to be successful (NOT guaranteed) is to open the email and click unsubscribe. if possible to change the email address that is a more certain solution.

bhatzlacha

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Re: Emergency! advice needed from computer master
Posted by gibbor120 - 19 Apr 2013 22:21

One more suggestion. You might want to have a friend on the phone while you are doing it as an additional safeguard.

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Re: Emergency! advice needed from computer master

Posted by ???? ???? - 22 Apr 2013 18:39

Thank you for all! I tried to put one address on the BLACK (BLOCK) LIST let's see what happens!

Dov, Thanks for the Mussar Haskel. For the Tochachas Megula (which comes from) Ahavo Musteres .reminded me the famous question: How does a smart Baal Agola gets his horses out of the mud? A smart one does not go there in the first place!

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Re: Emergency! advice needed from computer master
Posted by ???? ???? - 24 Apr 2013 22:57

I put this name on my blocked list & so far i don't hear from them.

thanks to all & especially to the one above!

Tati, Please help me not to lost control & trart lusting! please guide me on my trail on day @ the time! please take care over me so I don't "google" anymore dirty stuff.

'cause I can't do it alone! I have tried whatever it takes & I'm powerless over it!

Thank you

P.S. I don't care what happened yesterday! I don't care what will be tomorrow! all I'm asking is Just One Day!

Please grant me the prerogative tho stay sober TODAY

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Re: Emergency! advice needed from computer master
Posted by ???? ???? - 25 Apr 2013 18:52

Boruch Hashem I have made thru another night. davening to the eibishter to be mezake me in another day & stay lust free just for today as I'm starting my 15th day

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Re: Emergency! advice needed from computer master
Posted by Dov - 20 May 2013 15:08

Wow, you still there tzaddik gomur?

I have not posted for a few weeks but wanted to at least say **hi** here! Will resume posting in a limited manner be"H soon. Nu - so whats doing, bub?

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Re: Emergency! advice needed from computer master
Posted by ???? ???? - 20 May 2013 18:13

thank you! you made me smile!!

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