

Back on the Site

Posted by strugglingguy - 28 Jan 2014 04:08

This is my first time back on the site in a couple years. I have been busy... I have had good stretches and bad stretches. Currently, I have been struggling. Today (after a couple classes) I felt I needed some "relief" so I looked at some P. I told myself I needed it and there was no stopping myself on the comp. (I get ar. the filter w a proxy). So, that is that...

I'm going to go now - continue with this later...

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Re: Back on the Site

Posted by Watson - 27 Nov 2014 00:42

[cordnoy wrote:](#)

after great strides (perhaps), a fall can take you back to where you were before, and beyond.

Depends where you were going.

If your goal is 90 (or whatever) days of sobriety then of course a fall takes you back to the beginning. If your goal is personal and spiritual growth then a fall will not take you back to the beginning IMO. Yes, if a person begins acting out again they might find themselves just picking up exactly where they left off, but that in itself doesn't undo all the spiritual gains they made in the interim, unless they allow it to.

Life is full of aliyas and yeridas, not aliyas and nefilas.

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Re: Back on the Site

Posted by belmont4175 - 27 Nov 2014 00:49

[Watson wrote:](#)

Life is full of aliyas and yeridas, not aliyas and nefilas.

Great one! any source?

Yes it reminds me the passage: ????? ????? ????

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Re: Back on the Site

Posted by cordnoy - 27 Nov 2014 02:39

Well said, but I would qualify one point: it is not only if his "goal" is spiritual growth; it must be that he was actively workin' towards that goal.

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Re: Back on the Site

Posted by DesperateForChange - 27 Nov 2014 03:54

Interesting letter from the lubavitcher Rebbe. Translated.by yours truly.from the original Hebrew:

In response to your Tuesday letter (Tuesday = the Torah doubles the term ki tov) where you ask for advice concerning guarding the eyes

The place for this isn't in a letter and its not necessary to discuss this, as this (as well as the other bodily desires) have already been explained in chassidus seforim of the rebbeim including kuntres haavodah by the Rebbe Rashab, besides for being discussed at length in musar seforim.

The general point is that when one views that which is forbidden he's considered temporarily blind (and worse) and the term of Chazal apply "a blind man is considered dead". No need to further explain this simple concept.

(The Rebbe continues to encourage the yeshiva student to have set times daily for the study of chassidus with additional time set for shabbos. The Rebbe also recommends the student that he get his tefillin checked and that he make sure to give a coin to tzedaka every day before davening.)

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Re: Back on the Site

Posted by cordnoy - 27 Nov 2014 04:16

thank you for that.

From the grave I will talk: I do not know what or who he was referrin' to, but it would seem to me that those tactics will not be sufficient for us addicts.

We need an active program of recovery.

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Re: Back on the Site

Posted by strugglingguy - 30 Nov 2014 21:40

Watched some shows - a lot of innuendo (but it's enjoyable).

been clean a couple days now.

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Re: Back on the Site

Posted by strugglingguy - 30 Nov 2014 21:42

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Re: Back on the Site

Posted by shomer bro - 01 Dec 2014 01:01

~~*(and/but the show is not actual nudity, etc - I guess was my point there)~~
But is that where you want to go? It can be a dangerously easy line to cross. Saying that you'll watch shows that don't have nudity, but have innuendos can be setting yourself up to eventually see worse. I know that for me, I used to watch a show that was hilarious with great humor. I now realize, once I've stopped watching tv, that for the most part that the show was full with innuendos in every episode. Regardless that there was no nudity shown, it still made an impression on me because part of having innuendos is that the producers know that our minds will fill in what they can't show. So it still is really bad for us to watch these things because of where our minds will take them. I know that it can be super hard to give up watching a good relaxing show, but the benefits are immeasurable. Please take my words into consideration.

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Re: Back on the Site

Posted by Fightingaddictionnow - 01 Dec 2014 04:56

Hey ppl

its late and dont have anything to say rlly except i wanna keep ttrying and use gye more so im

please Hashem - lets help each other and keep growing

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Re: Back on the Site

Posted by strugglingguy - 01 Dec 2014 18:55

I agree with you - I really don't want to watch it anymore (I hope I stick to that). why are many shows like that these days?

In other news, I mstrbtd today. I realize that I have a couple core issues at play:

a) days when I do not have to wake up early for work I sleep in and don't get to a(n) (early) minyan and that's when I start fooling around. Like this morning.

- mussar sefarim to get me up every morning?! it's a problem.

b) I relish the *thrill* of looking through my chase banking app and eventually trying to find youtube. it's pretty sick actually, my perseverance. I didn't find youtube, but it kept me in bed long enough to move onto mstrbtion.

I have my phone on me as an alarm.

I am being explicit bec. I have been told that it's better to be clear and honest abt this than *vague*. sorry.

Heading off to davening now (late minyan). have a great day everyone.

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Re: Back on the Site

Posted by strugglingguy - 01 Dec 2014 18:59

**of course it feels good to mstrbt (that's why we all do it) ... not sure how much there is to elaborate on that.

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Re: Back on the Site

Posted by shomer bro - 01 Dec 2014 20:08

Would it be possible to remove the banking app and instead use their website? I totally hear you on the idea of looking and searching through simple apps to eventually find ways to worse. I mean, it's ironic because I put accountability software on my phone to stop me from going to bad websites, and there's a block on certain apps. So, I'll know that I can't access certain things because I don't have the password. So instead I go searching through the permitted apps because I "need" to find stuff... It goes to show how deep the addiction really goes. It also may be a good idea to leave your phone outside your bedroom and buy an alarm clock. I know for me, that using my phone in the bathroom was always dangerous territory. So, I finally put my foot down and said no more phone in bathroom, EVER. It's a geder, not a cure, but it helped me a lot. And I leave my phone in my pants pocket which I hang up far away from my bed, so I don't feel the urge to have to get up and walk all the way to get my phone. My problem is that my mind is easily accessible everywhere, so I have trouble keeping my thoughts clean when I go to sleep. Wishing you much hatzlacha!

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Re: Back on the Site

Posted by gibbor120 - 01 Dec 2014 21:20

If you play with fire, you will get burned... especially if you are an addict. Throw away the matches.

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Re: Back on the Site

Posted by strugglingguy - 01 Dec 2014 23:48

thx guys - a few of u suggested an alarm clock

i use the app to deposit checks remotely. pretty cool , actually.

but like someone said - if it's not x, it's y. at a certain point i have to find a different way to help myself. i always ask Hashem for help.

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