

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.d. 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 strugglingguy - 21 Oct 2014 20:08

I made up in my mind not to keep my phone near me at night, which I did the last couple nights but this morning after my wife left I fell asleep but then woke up and looked at porn.

i can turn off the safari on my phone and I will but the problem is that i know the code - my wife has to change the code back...

Of course I had plans to go learn, but it did not happen.

was Listening briefly to a my set of shmuz dvd's on desire from rabbi shafier, but I am leaving the house now for the day Bli Neder.

I am a failure but am powerless over lust and even when I have plans to get out of the house to avoid it - it does not happen....

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Re: Back on the Site

Posted by cordnoy - 21 Oct 2014 20:14

great filter....almost as good as mine.

Thanks for the honest share.

you might be powerless, like I am (once I allow it in, or if it seeps in...like it does at times), but you are not a failure.

That will be determined at the end of time, and not by you.

b'hatzlachah

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Re: Back on the Site

Posted by dms1234 - 21 Oct 2014 20:49

There is a built in filter that you can activate under restrictions so you don't have to delete safari. Or you can delete safari and download K9

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Re: Back on the Site

Posted by dms1234 - 21 Oct 2014 20:50

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Re: Back on the Site

Posted by strugglingguy - 22 Oct 2014 01:12

thx for the advice and chizuk guys -

for now, i deleted my netflix and removed safari bec. i just want to be constantly connected to the web anymore...

and i may add the filter also soon

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Re: Back on the Site

Posted by strugglingguy - 22 Oct 2014 01:22

thx for the advice and chizuk guys -

for now, i deleted my netflix and removed safari bec. i just do not want to be constantly connected to the web anymore...

and i may add the filter also soon

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Re: Back on the Site

Posted by shomer bro - 22 Oct 2014 03:59

That's awesome! I know it took great pushing from another user here before I put accountability software on my phone which was had been a huge stumbling block for me. Great work!

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Re: Back on the Site

Posted by strugglingguy - 28 Oct 2014 22:29

Shalom Chaverim -

Good updates, BH.

a) My phone is now free of Safari AND my friend now has my restrictions passcode so I cannot reinstall. Obviously, the YH will come at me in new ways, but this was a major move, in my mind.

b) I have been but now the real "work" begins. *What should I do now/today to strengthen myself?*

I do have some ideas ... stick to a routine, etc, etc.

-- I am meeting with my therapist on Thursday to discuss so any methods I can bring to the table are very much appreciated!!!

switched my username to my username from my wife's (Hers is unfiltered, mine is - Windows Family Safety)I was just trying to press task

Thx for your continued support and chizuk!

=====I will take it all day by day. (but what should I **do** each day ??)=====

Re: Back on the Site

Posted by dms1234 - 28 Oct 2014 23:04

Check out the [GYE Handbook](#) and [Skep's tips](#) for some ideas.

How about reaching out to someone??? A therapist is GREAT! What about a mentor/sponsor from GYE. Maybe some guys here?

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Re: Back on the Site

Posted by strugglingguy - 31 Oct 2014 00:55

DMS - I believe I have some guys here that I chat with, etc. ... what else should I develop with guys ?

my therapist and I decided that I should try to install web chaver on my comp.

some questions about WCh, though:

a) will it catch me going on proxy websites?

b) will it mess up my computer (for other users)

c) can I install on 2 devices (laptop and a tablet) under the same account or do I have to pay for it twice?

BH I am clean today.

thx.

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Re: Back on the Site

Posted by dms1234 - 31 Oct 2014 21:15

Just start making friends!

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Re: Back on the Site

Posted by strugglingguy - 04 Nov 2014 20:14

last night - came home from work before heading out to a class and needed to shower - had in mind to comfort myself but didn't really happen. then i used my phone's amtrak app to get to twitter where i looked at stuff (i don't mind sharing exactly what i looked at, but i don't want to trigger anyone.)

then i deleted the amtrak app off the phone and went to class. teacher asked why i was 10 mins

but seriously, im not happy - i was a week or so clean.

- afterwards, i texted my friend and updated him what i did.

- i should have reached out to someone ...

i'm home now learning

have a good day everybody.

late and i had no answer (i wasn't going to say what i was doing ...

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Re: Back on the Site

Posted by Dov - 05 Nov 2014 00:41

SNAFU ("Situation Normal...and a very apropos et cetera, et cetera...")

Lots of people are ready to try a trick to stay clean, put up a geder to stop, or even resort to some extreme measure to try to control themselves...and they rarely work in the long term...probably never, if the person is actually an addict.

But none of those efforts come close to helping us learn how to *live life on a different basis* - real actions that develop our sanity rather than just pretend we can actually control *insanity*.

If you are an addict like I am, then masturbating yourself isn't just bad - it's crazy and dangerous. And then even though using porn and fantasy *is* sweet, it is just as stupid as masturbating - because it will make us need to masturbate anyway.

But truly giving it up (even for one day) is scary, no? Way scary. So instead of giving it up (surrendering it), we opt for a gimmick to help us 'fight it' for the day...to 'control ourselves' for the day. Gevalt. It's just Situation Normal (SN)...so we will naturally end up with what the end

So...I'd like to ask you, chaver: is it still essentially 'Situation Normal' for you but just with a few new tricks - or do you feel you are really making changes and turning a good corner?

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(AFU) part stands for, too.

Re: Back on the Site

Posted by strugglingguy - 05 Nov 2014 02:10

have to think about ur words. thanks for writing.

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can't help but smile at the snafu lashon