

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 strugglingguy - 13 Nov 2014 19:50

whatapp on my phone lead me to twitter which lead me to p*** pics.

i texted a guy from GYE beforehand but i sort of ignored him afterwards.

is that a step in right direction?

i guess i have to delete whatsapp

gotta daven now

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Re: Back on the Site

Posted by strugglingguy - 13 Nov 2014 19:54

but in the end i held off from ej*****ing when i had chance to ...

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Re: Back on the Site

Posted by strugglingguy - 16 Nov 2014 22:44

Today I used whatsapp again and proceeded to m*****.

I then deleted whatsapp ... thing is that I really use whatsapp to stay in touch with family and now that I deleted it (I have deleted it before tho)I might miss seeing things or miss a question someone might aks me -- but that's the "punishment" I must go thru, right?

hopefully this step will lead me in the right direction

.... I do have a question about when and how I can purify/misaken my eyes from what I have seen; my GYE friend said that I shud start by stopping and then go from there)

have a great day everyone

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Re: Back on the Site

Posted by cordnoy - 16 Nov 2014 22:49

I wouldn't worry about purifyin' yet.

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Re: Back on the Site

Posted by serenity - 16 Nov 2014 23:20

try and fix my life, now I try to fix myself, and my life is fixing itself. . I used to

That may not seem to be on point at all and it may not be. I'll say a little of what I'm thinking anyway, mainly because it will helps me. Lets say my problem with my life is stress, bills, friends, family etc and I'm always trying to fxx all those things, so I'm constantly running around

putting out fires so to speak. So basically, I'm a Fireman or to be PC a Fire Fighter. Now, that's a stressful job. At the end of day of fighting fires, I just want to escape. That usually isn't good. What people have found is that instead of looking at solving life's problems, I'm better off looking at myself and trying to see what makes me tick. Talking to other people who have had similar experiences and can help me with tools and understanding. We will then find as we work on ourselves, the situation around us changes along with us. So I'm slowly not putting out fires anymore and the stress in my life is decreasing. At the end of the day, I often don't think about how I'm going to escape. I am more often thinking about how good life is and how I can make it better. Of course there are challenging days, but let me say where I am as compared to where I was a short time ago is a miracle and nothing less.

, but I hope you can find some chizuk from me as

I know I have from you.

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Re: Back on the Site

Posted by pischoshelmachat - 16 Nov 2014 23:22

Great post. I feel exactly the same way!

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Re: Back on the Site

Anyways I realize that I'm really off topic here

Posted by Dov - 18 Nov 2014 11:04

[strugglingguy wrote:](#)

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have a great day everyone

I am guessing that you will eventually reinstall whatsapp.

Nu. Someone on GYE is bound to come off saying I am a jerk for saying that. But I know your story from a while back, man, and just feel it is important for someone to say that.

I am also guessing that this step you took would *really* be a step in the right direction if you honestly and clearly *explained why* you deleted whatsapp to those who are affected by your absence and missing out of questions from them. The 'punishment' you describe is not punishment if all they think is that you are being a jerk. Maybe you already have admitted it to them, though...I don't know.

Hatzlocha either way, man!

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Re: Back on the Site

Posted by strugglinguy - 18 Nov 2014 20:57

my wife re installed it the other day (bec. she wanted to use it for a little bit) ... *she* knew why I uninstalled it. she told me that after she finished using it, I could uninstall.

i just uninstalled it.

I hear what u are saying about telling others (parents, siblings) why I can't have it right now, but am *honestly* not sure I am ready to tell them ... i'm being honest.

Anyway, IYH I will have a great day of doing schoolwork and learning.

Have a good day everyone.

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Re: Back on the Site

Posted by shomer bro - 19 Nov 2014 05:30

I dont think Dov meant that you should tell tem that you looked at porn. Rather, explain that from what you've heard and seen, there can be highly inappropriate content on whatsapp and you want to block it. Be vague, but they'll respect you for it.

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Re: Back on the Site

Posted by serenity - 19 Nov 2014 08:36

I feel like my wife can't relate at all to my addictions. I stop drinking, she says "nu, see, your not an alcoholic". I abstain from self gratification for 30 days, she says "you want Chinese for dinner?" Haven't gambled in 8 months, it's about time you gave that up, you know your a compulsive gambler. Even when she says it "your a compulsive" it's like yea of course you gave that up, why not sooner? And that's why a wife or other regular people no matter what they tell me or threaten me with or what mussar they give me, has zero effect on me. I need another addict to say hey I feel your pain, we are in this together ...

Hatslacha

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Re: Back on the Site

Posted by cordnoy - 19 Nov 2014 08:51

I feel your pain.....

Bottom line, we need to recover, for we need to recover.

I can bitch about my wife from now till the next Yovel, but it ain't gonna do me anythin'.

Should they be more understandin'? Maybe. But what you gonna do about it?

you gave up gamblin', eatin', and drinkin'!?

My goodness!

You are a saint!

My vice was never drinkin', but I still got the other three.

b'hatzlachah

oh...and again, I feel your pain.

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Re: Back on the Site

Posted by shomer bro - 19 Nov 2014 08:52

Im so sorry for not being empathetic earlier! You're right that in this struggle, only someone who also struggles with it can truly understand what you're going through. We've all had our falls and our triumphs. In life, its a complicated balance between the two. But we're all here for you and your pain is our pain. This is truly a place where you can speak your mind and know that there are people who have been in similar situations and know exactly what you're going through and will always be there to support you. You can do it! We're in this together!

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Re: Back on the Site

Posted by cordnoy - 19 Nov 2014 08:58

We are in this together when we are honest and open with each other.

I will not steal Dov's line about hidin' behind a username, but ...

The rest got deleted. Sorry.

b'hatzlachah

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Re: Back on the Site

Posted by serenity - 19 Nov 2014 09:19

I'm not complaining about my wife. She is an incredible person and I am lucky to be married to her. I was empathizing with the author of this post and offering some thoughts as to why his wife would reinstall whatsapp ...

The statement I feel your pain isn't necessary, it's inherent that addicts relate to each others struggle. Not sure what you mean by giving up eating. And, I am far from a saint.

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