

Back on the Site

Posted by strugglingguy - 28 Jan 2014 04:08

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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 ard. 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 - 20 Nov 2014 22:58

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Hi Chevra

something about Chinese?

BH I ma having a good day today - reading articles about the Kedoshim, listening to a shiur, eating, chilling BH all is good.

BTW my wife re installed whatsapp on MY phone, simply bec. her phone was out of battery and we were at a wedding waiting a long time for our food and she was bored. Since whatsapp is the only real app on my phone these days BH she wanted to install is back on mine to post a picture of the evening. (end of story - prime rib came - it was pretty good)

she said - u can delete it tonight and i have...

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Re: Back on the Site

Posted by shomer bro - 20 Nov 2014 23:49

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An idea? Block the app store on your phone because just as much as she can and has installed whatsapp, you may also. I think it may be helpful to tell her that you find it to be an inappropriate app and you would greatly appreciate her not putting it on your phone. Maybe install a game for those times when you're bored.

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Not sure what that was all about

Re: Back on the Site

Posted by strugglingguy - 21 Nov 2014 10:00

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so i can't do anything on my own

im not trustworthy enuf to install apps like games bec. i have a funny way of finding my way to stuff i want.

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Re: Back on the Site

Posted by strugglingguy - 24 Nov 2014 02:53

thx - she has my pw to install apps

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BH A good Shabbos and a good Sunday!!

Keep asking Hashem for help! we are powerless...

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Re: Back on the Site

Posted by strugglingguy - 26 Nov 2014 02:54

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Past few days - I have looked at some explicit material.

I deleted yet one more app (ESPN radio) because it too lead me to twitter, etc.

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Re: Back on the Site

Posted by dms1234 - 26 Nov 2014 03:38

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Please, don't be specific of where you are going. PS Do you have an iPhone? Cause theres a built in filter. Not sure if android has this.

Also, how many more apps will be deleted until you take different step? All of them?

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Re: Back on the Site

Posted by cordnoy - 26 Nov 2014 04:24

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Specific!?

espn radio!?

twitter!?

my goodness...

these are from the "lamed-vav-niks"!

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Re: Back on the Site

Posted by Watson - 26 Nov 2014 04:27

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[strugglingguy wrote:](#)

Past few days - I have looked at some explicit material.

I deleted yet one more app (ESPN radio) because it too lead me to twitter, etc.

Personally I never felt free until I got rid of any possibility of accessing porn. I was working the program and doing *kind of OK* but I still felt the pull constantly because although I had a filter, I also had a way round it. A difficult and limited way round the filter, but a way nonetheless.

It was only after I completely blocked every avenue of porn that I realised how much it was pulling me, even when I wasn't looking at anything. I was never free.

A few days ago the filter on my tablet was rendered useless because I discovered a way round it. If there's a way round the filter there is no filter. So the tablet had to go. There was no other way. And let me tell you something, it was scary as hell. I felt like I was giving away my breathing apparatus, my lifeline. How will I relax, how will I get the news? But I had no choice. I'm slowly getting over it, but I believe that it's all gonna be fine. I managed for over 2 decades without a tablet, I can manage again.

If there's a way round the filter there is no filter.

So kol hakovod for deleting dangerous apps. The more we give away the more free we can become, because the things we give away are in truth the chains we're so subtly bound up in.

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Re: Back on the Site

Posted by cordnoy - 26 Nov 2014 04:36

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And to echo what Watson said, I did not regard myself as bein' "free" until I lost the possibility of connectin' to my woman friend. There always was the pull....even when the Skype connection or yahoo messenger was closed, and even when it was removed from the phone altogether, for I knew the potential to bring it back was there. Now that the relationship has been severed, I can experience that feelin' of freedom once again. That 'pull' which the Doc spoke about is hardly there at all.

b'hatzlachah

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Re: Back on the Site

Posted by dms1234 - 26 Nov 2014 07:35

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I agree....but we cant just throw everything away! At some point we have to change internally as well! I know you agree with that and maybe I'm being stupid and too subtle. Just saying that one may think if i go hid in a cardboard box i will be free! (good luck convincing your wife to come with me you, haha!)

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Re: Back on the Site  
Posted by Dov - 26 Nov 2014 08:54

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[dms1234 wrote:](#)

I agree....but we cant just throw everything away! At some point we have to change internally as well! I know you agree with that and maybe I'm being stupid and too subtle. Just saying that one may think if i go hid in a cardboard box i will be free! (good luck convincing your wife to come with me you, haha!)

Yeah, but those who expect to grow internally at all while hanging onto the same basic liberties, are fooling themselves and trying to do it the hardest way possible...cuz it seems easier, of course. Real sacrifices in action for sobriety is the only way for 'yearnings of our hearts' to actually be real. All along our path to personal hell, the signposts seemed to be pointing to 'Teshuva Gemurah' and 'Kedushas haBris', etc...but they were just BS cuz we were not taking **real** actions and making the *real* sacrifices. So they led us deeper and deeper into confusion and obsession.

No?

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Re: Back on the Site  
Posted by Watson - 26 Nov 2014 13:37

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[dms1234 wrote:](#)

I agree....but we cant just throw everything away!

I think there is also a common sense element as to what needs to be given up. But common sense is not that common which is why it's important to have a sponsor.

In this case I didn't ask my sponsor before I gave away my tablet. It wasn't a question of common sense, it was a question of life and death.

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Re: Back on the Site

Posted by Bigmoish - 26 Nov 2014 20:48

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[Watson wrote:](#)

[dms1234 wrote:](#)

I agree....but we cant just throw everything away!

I think there is also a common sense element as to what needs to be given up. But common sense is not that common which is why it's important to have a sponsor.

In this case I didn't ask my sponsor before I gave away my tablet. It wasn't a question of common sense, it was a question of life and death.

We may not be able to throw everything away, but we can throw away the things we are certain will do us in. Part of what Dov responded to the good Doctor last week:

**Dov**

I also did not carry change in my pocket or walk into libraries or bookstores till about 2.5 years sober. For when I act out I use phone sex and peruse dirty books a lot.

Sounds pretty extreme? I think not. You gotta take care of yourself at all costs.

Sometimes I feel like life is reminiscent of a video game. Every time you get killed, fall off a cliff, etc., you have to go back to square one. But now you know how to avoid that bad guy. And that cliff.

If a tablet will kill you, figuring out a way to avoid it is, although difficult, a brave and important step to take.

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Re: Back on the Site

Posted by shomer bro - 26 Nov 2014 22:47

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I'd like to make an addendum to the video game mashal: just like in the game, if you save it along the way you get to go back to that point instead of all the way back to the very beginning. So too in life as we grow in our struggle, we're constantly saving our game so that when we do fall, we only have to go back a little bit.

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