

"breaking" free

Posted by Joegarder - 04 Jul 2016 03:43

last thursday i snapped my tablet in half. i peeled back the millimeter thin glass to look at the deep world of stupidty something so small can bring but it really was just a piece of glass. i smashed most of it to dust and burned anything that could be burned. of course that night i watched porn on my ipod. and last night to. and today. so today i did the same thing to my ipod. totally obliterated. i justified having the ipod for so long but really it only was porn free since i had my tablet the minute that was gone back to the ipod. im very involved in music, and will miss being able to download any song right away. this is my first post, really looking for support

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Re:

Posted by Aryeh821 - 04 Jul 2016 04:35

Welcome

you're journey should be with hatzlacha

do you have any plans to be free or what ?

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Re:

Posted by doingtshuva - 04 Jul 2016 10:23

[Joegarder wrote on 04 Jul 2016 03:43:](#)

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I don't think we need to brake smash...

Rather to learn how to gain control and to use those devices properly. Very easy said.

Yes if you don't need those devices better if you don't have them. But if you need or still want them, braking them won't change how you use them.

Lust isn't available only the web or tablet. Something to take into consideration.

best wishes

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Re:

Posted by realsimcha - 04 Jul 2016 12:27

Hey, Welcome!

There are alot of healthier ways to deal with these challenges. Keep posting and keep reading. Seek out others here who have so much to offer. Read what Dov writes. You will soon see that breaking your stuff is not the answer ... although I can understand wanting to do that ... but digging deep and working on yourself and understanding ... now that's something.

Hatzlacha

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Re:

Posted by cordnoy - 04 Jul 2016 12:31

Welcome,

Be careful on the streets.

B'hatzlachah in recovery

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Re:

Posted by Markz - 04 Jul 2016 12:33

[Joegarder wrote:](#)

last thursday i snapped my tablet in half. i peeled back the millimeter thin glass to look at the deep world of stupidty something so small can bring but it really was just a piece of glass. i smashed most of it to dust and burned anything that could be burned. of course that night i watched porn on my ipod. and last night to. and today. so today i did the same thing to my ipod. totally obliterated. i justified having the ipod for so long but really it only was porn free since i had my tablet the minute that was gone back to the ipod. im very involved in music, and will miss being able to download any song right away. this is my first post, really looking for support

Ahem - There IS a time and place for smashing devices

??? ??? ??? ??? ???

SEE [HERE](#)

Im wondering if you will continue posting, or your PC went ???? ?? ????

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Re:

Posted by Joegarder - 04 Jul 2016 15:24

lol hopefully i will its the computer in my house not mine

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Re:

Posted by Markz - 04 Jul 2016 15:42

Do you know you can display 2 Windows side by side on one computer screen?

I suggest you tell your family you're reserving the right side for yourself, get the hatchet back out and smash all the porn megapixels to oblivion

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Re:

Posted by Joegarder - 04 Jul 2016 22:02

ha yeah my father asked if they should change the laptop and computer passwords cause he doesnt want them smashed

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Re: break me free

Posted by Markz - 04 Jul 2016 23:04

Before GYE if someone would've shutdown / destroyed all my devices, I would've gone out to buy inappropriate magazines (as I used to do ;-/ before i discovered electric devices)

So, really, how much of a solution for you is all this device demolition business

FSKOT?

FancySmashyKeepOnTinkering?

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Re: break me free

Posted by Joegarder - 05 Jul 2016 00:32

well if its not so much a lasting solution for porn as it was a want to not have occasional boredom filled in by a movie or game. between the two id say it was short term effective for porn and i felt iwas ready to move beyond limiting time on it. so yeah long term its no solution unfortunately

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Re:

Posted by Joegarder - 05 Jul 2016 00:37

after 10 years of addiction i really wanted to do something significant immedietly. i wanted to show Hashem and myself how much i hate it. even if it doesnt help

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Re:

Posted by Joegarder - 05 Jul 2016 00:40

yeah im just trying to find the line between a shmiras ainayim level i could work on and uphold and actual porn because right now the two are tangled up in my head to the point where movies and porn get into the same category

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Re: break me free

Posted by Markz - 05 Jul 2016 00:43

[Joegarder wrote:](#)

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unfortunatly

I don't want to call GYE a "long term solution" cos it may sound like it needs an investment of
long term commitment

So I'll say this; If you're curious and willing, there's plenty of sobriety FOR TODAY to be had on
gye!!

Apparently your parents / father are aware of your struggle

Do you have a coach / Rebbi that you are close to?

Oops that was a personal question, just delete it / or blow it up (... there's fireworks today in the
states, yknow? You can send one of those my way)

KEEP ON TRUCKING

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Re:

Posted by mike dupont - 06 Jul 2016 10:27

@joegarder

First of all, I wish you success with your new journey. I hope you will find the right path for you.

After reading this topic I can actually relate to your actions (smashing the devices); in my case it
was my wife who smashed one of them.

This being said, the other are right. This is not the solution!

It's a nice start, you're making a strong statement but you need to commit.

Hopefully He will see that as your willingness to get and stay clean and help you.

As I said, you need to find YOUR way to deal with YOUR issues (forum, therapy, SA...).

Good luck

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