

i am out of control and dont know wat to do

Posted by daily fighter - 14 Aug 2016 21:54

today is tisha b av and the last week of my life has been spent on the computer. im 24 yrs old and live with my parents, i dont have my own computer for obvious reasons. i am in dorm yeshiva so when i am away i am good with not going on inappropriate websites but when i am home i use my parents computer and when i am board like the past week i go crazy on the internet for hours a day. my parents have a filter but i can get around it. i wish they had a better filter the problem is i dont have a good relationship with my parents so asking them to get a better filter would be the most awkward thing ever. i mamesh feel so low. i need help

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Re: i am out of control and dont know wat to do

Posted by 360gye - 14 Aug 2016 22:09

Hey Daily fighter,

I'm sorry to hear your story and i am here whenever you need(360gye@gmail.com) I would advise you to try to get a better relationship while you are with them, even if you didn't have this problem. GYE has a lot to offer, take full advantage of it.

I would like to know more about you so that i may give you more advice, chizuk, etc. so please email me.

You should know that everyone on GYE is here to help and you can unload whatever issues on this chat.

Be well and good luck,

360gye

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Re: i am out of control and dont know wat to do

Posted by Markz - 14 Aug 2016 22:37

[daily fighter wrote on 14 Aug 2016 21:54:](#)

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Hey welcome!!

Its very common thing many of us have here on gye

We are out of control!!!!

!!!!

Question is how much are we invested in ~~being in control~~ living a better life where lust isn't a daily tradition?

Guard your eyes has enough tools to whet your appetite and more ;-)

Each man to his own - how committed he wants to be

So, feel free to read the TT - "Tips for Teens" in my signature and I hope you choose well

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Re: i am out of control and dont know wat to do
Posted by inastruggle - 14 Aug 2016 23:17

Welcome to gye.

I completely relate to what you're saying. I was in a very similar situation to you when I came to gye. What I learned here was that I was the problem not the (lack of) filter.

Of course we should have filters whenever possible but if the situation doesn't allow for it then it's still in our ability to not fall. I'm currently on an unfiltered computer and haven't fallen in a few months.

Stick around, there's a lot to learn and it'll make bein hazmanim so much better.

KOP! (keep on posting)

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Re: i am out of control and dont know wat to do
Posted by Sherman - 17 Aug 2016 14:25

Hi everyone,

I am fairly new to this site and recovery in general. I totally understand what daily fighter is talking about. I recently fell after my longest stretch of sobriety (30 days) and feel like a complete failure. I had been listening to talks on SA and addiction, really working hard to get engaged in recovery and then boom I fall. I feel kind of hopeless but also know that this happens and I'm really not in control here. Though it feels overwhelming to think that I will ever be able to achieve any significant time of sobriety but I so badly want to get rid of this. Any support and advise are welcomed.

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Re: i am out of control and dont know wat to do
Posted by Workingguy - 17 Aug 2016 15:19

Hi Sherman,

Welcome; I think most people recommend starting your own thread and writing about your struggle. Through that, you should be able to get some advice and support and build relationships with people who may be able to help or advise you.

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