

**Depressed Over Falls / Computer Misuse**

Posted by Struggling in the UK - 24 Nov 2009 23:49

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Hi

Too long a story to explain how I reached here. But b'kitzur, I'm married and in 30s with children kn"h. I managed to stay clean for just over two years. Then for certain reasons had a slip in July 2006 and since then have not be able to shake it off. I've tried a lot of different things and have driven myself mad. I even smashed my iPhone once to punish myself.

Anyway, I have bought a new laptop just over two months ago and - partly driven by my gashmius-loving attachment to my pride-and-joy new computer - had not looked at anything inappropriate on it. That's not to say I have been good because I used my wife's computer instead. However, having set up all manner of passwords that can never be got through short of reformatting my wife's computer, this morning I finally succumbed and misused my new laptop.

I am now devesated. First and foremost obviously because I am trying hard to overcome this problem. Secondly though because I feel I have now tainted my computer and feel like 'it' needs to go to the mikvah as much as me!! Is this totally insane? Has anyone else ever felt like this? I have been crazy all day about it wishing I could turn the clock back. I feel like I now have a 'dirty' and 'impure' computer.

Maybe this is me projecting my depression about my impure neshomo or impure eyes onto a third party. I don't know. But has anyone else felt this? Or am I just crazy? And what can I do about it? There is part of me wants to destroy the computer and another part wants to reformat it and start again but I know this is crazy and can't undo the aveirah I have done.

Please help

Struggling in the UK

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Re: Depressed Over Falls / Computer Misuse

Posted by Struggling in the UK - 14 Jan 2010 22:52

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sorry, still here, still trying.

b"H since i finally have a filter on my machine (which was the only one without) I just don't have the temptation any more. I am working to curb my wandering eye on the train etc but I can't look at porn any more so i haven't given it much thought :-)

I wish I had gotten it earlier - I wanted to but it seemed incompatible with mac os 10.6

in the end i was so fed up, i installed it anyway

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Re: Depressed Over Falls / Computer Misuse  
Posted by silentbattle - 14 Jan 2010 23:24

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I'm breaking my self-imposed ban on posting again...

I just have to say that's awesome! You did something amazing, and you can already see the change in you! That's fantastic!

We can always look back and wish we'd done something sooner, but hey - you did it now!

When I finish a mesechta, do I wish I'd finished it 5 years ago? Of course! But i still make a siyum, and I'm happy about it!

And if you read my thread, you'll see that actually posting here means that this is something that's really special to me.

You rock!

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Re: Depressed Over Falls / Computer Misuse  
Posted by Kollel Guy - 17 Jan 2010 00:49

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[Struggling in the UK wrote on 14 Jan 2010 22:52:](#)

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Well it's about time. I think the healing process can really only begin after that step is made.

By the way, I never told you this, but I just think you should know. The reason I originally signed up on GUE, was because one time after a fall (a couple of months ago), I was looking around for advice on the web on how to escape the hell, and I saw your thread on GUE (don't ask how I ended up specifically by YOUR thread, I just did), and at that moment I realized my problem was more common than I thought, and that people can and do work through it.

The rest is history, I'm B"H slowly but surely climbing my way up the chart.

So I never said Thank you yet, so I'll tell you now,

Shkoyach, you really caused an amazing change in my life.

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Re: Depressed Over Falls / Computer Misuse  
Posted by silentbattle - 17 Jan 2010 01:30

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Wow - SITUK, you hear that? That's truly incredible!

And KG, that's an incredible chizuk, thank you for sharing - we should all remember that by being part of GYE, we're parading ourselves, and offering a chance for others to peek in and be inspired by our struggles, our successes, and even our falls and getting ups...

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Re: Depressed Over Falls / Computer Misuse  
Posted by Struggling in the UK - 17 Jan 2010 23:13

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Thanks very much KollelGuy - may it be a kapora for us both!

Let's make sure we get to day 90 together and beyond (i've still got a while to go but feel I'm getting there now)

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Re: Depressed Over Falls / Computer Misuse  
Posted by silentbattle - 18 Jan 2010 01:14

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Remember - 90 days (and beyond) is definitely a good thing. But far more important than that is getting to a place where we can keep living, and get to a healthier place so that we no longer feel the pull of these things as strongly.

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Re: Depressed Over Falls / Computer Misuse

Posted by Struggling in the UK - 20 Jan 2010 20:36

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It's so odd. I'm on 14 and have had minor wobbles in the past few days in so far as I have been really in the mood for computer misuse and all that that leads to.

However I now have a filter, have absolutely no possibility to access it, and so the wobbles have gone as soon as they have started. Without the filter I reckon it is a strong possibility that I may have succumbed. As it is though, I have been able to stand firm.

I have been fasting on Mondays and Thursdays through Shovovim and feel like I'm growing. That said, I do feel without the filters I may have fallen.

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Re: Depressed Over Falls / Computer Misuse

Posted by bardichev - 20 Jan 2010 21:04

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keep on lorrying!!

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Re: Depressed Over Falls / Computer Misuse

Posted by silentbattle - 20 Jan 2010 23:26

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Wow! That's great! You put yourself in a situation where you prevented falls - that's exactly what we need to do, all the time!

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Re: Depressed Over Falls / Computer Misuse

Posted by Kollel Guy - 21 Jan 2010 00:02

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However I now have a filter, have absolutely no possibility to access it, and so the wobbles have gone as soon as they have started. Without the filter I reckon it is a strong possibility that I may have succumbed. As it is though, I have been able to stand firm.

My dear friend, you have taken the first and most important step towards teshuva and recovery, but keep in mind that your work does not end here. This is just making the damage less likely to happen again. The real work is the work inside yourself. Making yourself into a person who does not do those things - even if they would theoretically be available.

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Re: Depressed Over Falls / Computer Misuse

Posted by imtrying25 - 30 Jan 2010 22:16

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Hey siuk?? You there?? Hello?? How are you doing mate??

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Re: Depressed Over Falls / Computer Misuse

Posted by Kollel Guy - 31 Jan 2010 09:23

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SIK I hope your still clean and just on a GYE break ...

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Re: Depressed Over Falls / Computer Misuse

Posted by Struggling in the UK - 04 Feb 2010 17:48

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hi

Sorry for the delay - a combination of busy incredibly busy and not wanting to come on.

I sometimes find that staying clean I just want to avoid even thinking about these aveiros. I suffer from OCD and when I think about something I sometimes can't shake it from my head. I have fallen before simply because I just HAVE to have a look at the image I can't shake. So for me doing something else is critical. Anyway, most important I have those filters so there is no option!!

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Re: Depressed Over Falls / Computer Misuse  
Posted by silentbattle - 04 Feb 2010 17:52

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Glad to hear about filters!

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