

Depressed Over Falls / Computer Misuse

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

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

=====

=====

Re: Depressed Over Falls / Computer Misuse

Posted by Struggling in the UK - 10 Feb 2010 10:21

thanks for your concern - everyone. It really brought home how important this site is when I saw it mentioned in this week's Mishpacha.

Still truckin to steal a phrase. Day 14 today

=====

Re: Depressed Over Falls / Computer Misuse
Posted by silentbattle - 10 Feb 2010 15:49

Fantastic! Just keep on trucking, keep on living life!

=====

Re: Depressed Over Falls / Computer Misuse
Posted by imtrying25 - 17 Feb 2010 12:26

SIUK!!!! 14! Wow!! Keep it rollin mate!! :-* :-*

=====

Re: Depressed Over Falls / Computer Misuse
Posted by bardichev - 17 Feb 2010 14:47

You chaps lorry

Us guys truck!!

=====

Re: Depressed Over Falls / Computer Misuse

Posted by Struggling in the UK - 08 Mar 2010 22:42

hi

ive not posted for a while. Too low to really post too much. Suffice to say i thought i was doing well, but i was wrong

=====

Re: Depressed Over Falls / Computer Misuse

Posted by bardichev - 08 Mar 2010 22:59

CMON GET OFF THE FLOOR

THERE IS NO ROOM FOR SELF PITY

PLEASE ASAI LIMAAANCH A IM LO LIMAAANEIEI!!

WE NEED YOU HERE

WHAT GREATER NACHAS RUACH CAN HASHEM HAVE

THAN A WARRIOR COMING BACK ALBEIT BRUISED

GET OFF THE FLOOR

KEEP ON TRUCKING!!!!

=====

Re: Depressed Over Falls / Computer Misuse
Posted by silentbattle - 09 Mar 2010 00:56

You might feel low, but that's just the yetzer hora.

If you were clean for a while, then you DID well! Now you just need to get up and KEEP doing well!

We all love you, and so does hashem!

=====

Re: Depressed Over Falls / Computer Misuse
Posted by struggling in the uk 2 - 15 Jul 2010 00:00

Hi all

Sorry, haven't posted for a while. Had a new baby b'H recently. Currently on day 88 and working hard to keep going.

hope everyone fasts well (unless Moshiach comes in the next few days iy"H!!!)

SITUK

=====

Re: Depressed Over Falls / Computer Misuse
Posted by ohr_ireuven - 15 Jul 2010 00:05

Mazal Tov on the new baby and the clean streak!

=====

Re: Depressed Over Falls / Computer Misuse

Posted by briut - 15 Jul 2010 00:26

Sounds like in two more days, iyh, you'll have hit 90. I think that's a siyum. So we all get to eat meat. Go, man, go!

Let us know when to break out the champagne (or is that Guinness over there?).

=====

Re: Depressed Over Falls / Computer Misuse

Posted by bardichev - 15 Jul 2010 03:15

mazal tov X88

keeeeeeep on lorrieng!!!!!!!!!!

pimms #1 is kosher??

b

=====

Re: Depressed Over Falls / Computer Misuse

Posted by struggling in the uk 2 - 18 Jul 2010 01:17

with gratitude to the Ribono Shel Olam, I have completed 90 days.

If Moshiach does not come in the next few days, fast well and have a good summer

=====

====

Re: Depressed Over Falls / Computer Misuse
Posted by cordnoy - 21 Jun 2015 20:20

[Noorah BAmram wrote:](#)

)

There is 2 issues: if we look at the past "acting out" as a "sin" then as believing Jews, we believe b'emunah shliemah in the concept of Tshuvah. Which in our case is quite simple, we stop, we regret, we say viduy!! Then.....as a believer we know that we are in the eyes of the Almighty as a "new" person who never sinned! That's right the new you has no conection with the old guy!!

On the other hand if we view our past "acting out" as an addiction, then we are dealing with a sickness that needs to be treated. Period!!

Here are my 2 cents (or shall I say 2 pence

Again no need for feeling as a hypocrite and to throw out the computer! All we need to do is get treatment for our "lust disease"!!

but then again I've been hanging out here with Rabienu Guard and Rabienu
Dov

My most heartfelt prayers for your success on the 90 day journey. Take us all along by posting

All the love in the world to a fellow warrior

Noorah the smallest from the house of Amram

He breaks it down into simplicity.

=====