

Growing With The Chevra

Posted by yiraishamaim - 20 Apr 2017 18:43

Good afternoon gentlemen,

I must tell you that I have not been conducting myself appropriately for the last couple of months. I have been slipping to the point that only the most *lomdeshe grobbe* finger would rule not a fall. Obviously I am not happy. Now perhaps there are those that would argue that after such a significant time of not clearly falling by an obscure standard, that perhaps I should continue counting. After all, stopping a long count can have it's own repercussions. However, I have done a lot of soul searching I want to begin my count again. Of course perfection is only in Hashem's level and slips could surely come my way. However, I plan on using the forums standards and **keeping them strictly**. GYE leaves a little room for slips/errors and that must be enough for me.

Do not misunderstand me.

I do not look at this as a self-righteous fellow who is choosing just to be *machmir*. I unfortunately, have swayed too much and starting again is in my view the only way to go.

I have tweaked my home situation so that there is no internet without either an extreme filter or a code that is not known to me. I have no phone access.

My big challenge is at work. The company where I work at has a shomer shabbos head who has installed a filter in the computer. However, it is a weak filter and the IT guy told me years ago that once the history is erased they cannot retrieve your viewing sites.

I still need some hadracha in that vein.

I am in contact with someone on the phone and our dialogues are honest and helpful.

I plan to participate more on the forum.

I sit here with mixed emotions. I am sorry that I haven't lived up to the standards I should have but I am very excited to start fresh with a truly legitimate count.

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Re: Growing With The Chevra

Posted by YeshivaGuy - 10 Jan 2021 01:02

[yiraishamaim wrote on 30 Sep 2018 09:32:](#)

It's been a while since I have posted here. Just wanted to share what has been beneficial in my journey. I have come to realize that among the many attitudes that assist me in keeping sober, there is a particular defensive action that is crucial. That is, is being extremely careful on the computer in a proactive way. I used to use a search engine that has various topics with pics that would appear on it as soon as I opened the computer. In the past, some seemingly "neutral topic" would invariably catch my attention and one "innocent curiosity" would lead to another, then another and then an eventual tank.

Instead, I go on google with no boxes of interesting ideas or personalities vying for my attention. Then I focus on my immediate need to be on the computer and when I do what is necessary, I simply get off.

I have curtailed my interest in the news and my favorite sport team. In order to appease my appetite for these things I allow myself to listen daily to the news for a few minutes on the radio, and agree to watch my favorite sports team if and when they get to the playoffs.

I learn more and try to think of Torah or my job when I have free moments.

While walking the streets- I find not gazing at women still challenging although some improvement has been made.

A "Git Kvittel to All"

Amazing!

How u been recently?

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Re: Growing With The Chevra

Posted by yiraishamaim - 17 Oct 2021 21:40

Great question.

Took me a little long to reply, don't you think?

Me and my big mouth.

I fell just after my post. However, I've made solid strides since then.

I pray it lasts.

Yeah I know - ODAAT

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Re: Growing With The Chevra

Posted by DavidT - 18 Oct 2021 17:57

[yiraishamaim wrote on 17 Oct 2021 21:40:](#)

Great question.

Took me a little long to reply, don't you think?

Me and my big mouth.

I fell just after my post. However, I've made solid strides since then.

I pray it lasts.

Yeah I know - ODAAT

keep it up!

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Re: Growing With The Chevra

Posted by yiraishamaim - 19 Oct 2021 02:09

[DavidT wrote on 18 Oct 2021 17:57:](#)

[yiraishamaim wrote on 17 Oct 2021 21:40:](#)

Great question.

Took me a little long to reply, don't you think?

Me and my big mouth.

I fell just after my post. However, I've made solid strides since then.

I pray it lasts.

Yeah I know - ODAAT

keep it up!

Thanks. You are more than generous.

Hatzlocho!

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