

bein hazmanim HELP!!!!!!

Posted by afg - 01 Jul 2018 19:24

what should I do

bh is so so hard what should I do I always ending up falling end it just goes down hill and a steep hill from there

if anyone needs has any suggestions or can relate please please post

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Re: bein hazmanim HELP!!!!!!

Posted by Hashem Help Me - 01 Jul 2018 20:52

Welcome! Everybody would love to help. Iyh you will pull out of this like so many of us. Maybe post some more info. What are the triggers? What are the issues?

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Re: bein hazmanim HELP!!!!!!

Posted by afg - 01 Jul 2018 21:11

thanks

one trigger is defintly boredom I have free time and that never ends well

also the fact that I don't learn that much doesn't help

I have more accesses to non filtered computers

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Re: bein hazmanim HELP!!!!!!

Posted by WannabeFree - 01 Jul 2018 21:28

Hi and welcome! The first step is to get filters that someone else holds the passwords to or perhaps see the Taphsic method on the site if you think that could work for you. Otherwise it is

really a losing game. After that you can start taking baby steps, perhaps the 90 day challenge and work from there.

We're all rooting for you!

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Re: bein hazmanim HELP!!!!!!
Posted by afg - 01 Jul 2018 21:31

il have filters on my devises

but my siblings don't

and BH I'm 20 (yaaaaaa!!!!)days clean on my 90 journey

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Re: bein hazmanim HELP!!!!!!
Posted by growup - 01 Jul 2018 23:05

gr8 stuuff - 20 days and your around unfiltered devices - i wouldnt last 5 minutes!!!

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Re: bein hazmanim HELP!!!!!!
Posted by mzl - 02 Jul 2018 00:16

Perhaps you can use the shomer method. Make a loose commitment to never be alone in a room with an unfiltered device. That way your siblings are the shomer.

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Re: bein hazmanim HELP!!!!!!
Posted by Markz - 02 Jul 2018 01:56

what should I do

bh is so so hard what should I do I always ending up falling end it just goes down hill and a steep hill from there

if anyone needs has any suggestions or can relate please please post Yeah I relate

Killing time sucks

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Re: bein hazmanim HELP!!!!!!

Posted by Markz - 02 Jul 2018 01:59

[afg wrote on 01 Jul 2018 19:24:](#)

what should I do

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if anyone needs has any suggestions or can relate please please post

BROKEN QUOTE

TEST

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Re: bein hazmanim HELP!!!!!!

Posted by Markz - 02 Jul 2018 02:02

[afg wrote on 01 Jul 2018 19:24:](#)

what should I do

bh is so so hard what should I do I always ending up falling end it just goes down hill and a steep hill from there

if anyone needs has any suggestions or can relate please please post

Broken post

TEST

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Re: bein hazmanim HELP!!!!!!

Posted by WannabeFree - 02 Jul 2018 08:25

[afg wrote on 01 Jul 2018 21:11:](#)

thanks

one trigger is defintly boredom I have free time and that never ends well

also the fact that I don't learn that much doesn't help

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See this post for ideas to fill up your time so you won't be bored:

guardyoureyes.com/forum/19-Introduce-Yourself/332620-Watching-pornography

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