

mindless internet surfing for arousing material

Posted by bonobo - 14 Mar 2019 03:31

If anyone can relate to this struggle, I think it'd be helpful to hear what others have done to combat the "numb" and sort of mindless searching for arousing content even with the filter.

=====
=====

Re: mindless internet surfing for arousing material

Posted by mggsbms - 14 Mar 2019 04:41

Yes I can surely relate to mindless surfing for content even with strong filters, in the hope of finding something. I have spend a lot of precious time doing exactly that. Coming out of isolation is one of the things that has helped me some break this endless pursuit of lust.

=====
=====

Re: mindless internet surfing for arousing material

Posted by bego - 14 Mar 2019 10:51

Guilty as charged. Don't we all do it??? My personal way is to read progressively less acceptable news stories until I'm able to justify that the next thing is no worse than the one before...

I made two firm commitments that B"H have really helped me (but are not perfect): 1) I stick to two websites only. These are not necessarily totally Kosher, but there is enough 2) no touching myself. Even small touches lead to arousal and are a big problem.

These are not perfect but they've helped me.

Have you tried anything specific?

=====
=====

Re: mindless internet surfing for arousing material

Posted by bonobo - 14 Mar 2019 16:02

Yeah so that's basically what will happen to me. I'll be watching a sports game or surfing Facebook and then next thing you know I'm looking for arousing content. I'm also not sure option 1) is the best choice for me. Option 2 sounds like a good idea and I will try that

I haven't really tried anything specific, I was hoping this thread would generate some ideas for me to try.

=====

=====

Re: mindless internet surfing for arousing material

Posted by Workingguy - 14 Mar 2019 18:49

[bego wrote on 14 Mar 2019 10:51:](#)

Guilty as charged. Don't we all do it??? My personal way is to read progressively less acceptable news stories until I'm able to justify that the next thing is no worse than the one before...

I made two firm commitments that B"H have really helped me (but are not perfect): 1) I stick to two websites only. These are not necessarily totally Kosher, but there is enough 2) no touching myself. Even small touches lead to arousal and are a big problem.

These are not perfect but they've helped me.

Have you tried anything specific?

That's the only thing that I find works too; I just had a fall because I didn't stick to that (after 2+years clean.)

=====

=====

Re: mindless internet surfing for arousing material
Posted by Workingguy - 14 Mar 2019 18:50

[bonobo wrote on 14 Mar 2019 16:02:](#)

Yeah so that's basically what will happen to me. I'll be watching a sports game or surfing Facebook and then next thing you know I'm looking for arousing content. I'm also not sure option 1) is the best choice for me. Option 2 sounds like a good idea and I will try that

I haven't really tried anything specific, I was hoping this thread would generate some ideas for me to try.

I'll tell you something else-as someone who occasionally struggles with filters, ok maybe often, filters will not withstand a creative person who is looking for trouble. I have the best filters, but I've found ways around them at least to some extent.

I heard recently from Dov that it insane to test your filter, and of course, he's so right.

=====

=====

Re: mindless internet surfing for arousing material
Posted by doingtshuva - 15 Mar 2019 00:45

some think they are doing a mitzva by checking out the filter.

=====

=====

Re: mindless internet surfing for arousing material
Posted by bego - 18 Mar 2019 16:54

Wow, that scared me! That's for sharing that, I really appreciate the Chizuk to continue working hard and not get lax. I'm sorry it came about through your fall :-)

=====

=====

Re: mindless internet surfing for arousing material
Posted by rolemodel - 29 Mar 2019 18:26

Oh yeah. I know what it's like sitting around going on instagram for hours and hours just refreshing the page, and regoing to the same posts again and again and again....

=====

=====

Re: mindless internet surfing for arousing material
Posted by Singularity - 01 Apr 2019 10:52

[Workingguy wrote on 14 Mar 2019 18:50:](#)

[bonobo wrote on 14 Mar 2019 16:02:](#)

Yeah so that's basically what will happen to me. I'll be watching a sports game or surfing Facebook and then next thing you know I'm looking for arousing content. I'm also not sure option 1) is the best choice for me. Option 2 sounds like a good idea and I will try that

I haven't really tried anything specific, I was hoping this thread would generate some ideas for me to try.

I'll tell you something else-as someone who occasionally struggles with filters, ok maybe often, filters will not withstand a creative person who is looking for trouble. I have the best filters, but I've found ways around them at least to some extent.

I heard recently from Dov that it insane to test your filter, and of course, he's so right.

One of his best lines is, "The strongest filter is the one that I never test"

=====