

Every 3 Months A Fall

Posted by rebbeskills - 14 Oct 2020 16:55

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Shalom to all,

I was wondering if anyone had any specific advice for my situation. I have struggled on-and-off since my teens with inappropriate videos (most often inappropriate scenes from TV shows (GOT etc) and sometimes worse R"L). B"H I have much improved and for the past few years a fall usually only occurs every 2-3 months (whereas prior to a few years ago it definitely had times where it was worse). My filtering solution is optimal but once in a while things get by (my computer now have Techloq which has been superb) but my iPhone filter still has some kinks. I use the "knas" system which generally works but does anyone have advice how to even get past these few times a year which drain me so much mentally and emotionally. Yashar koach to all.

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Re: Every 3 Months A Fall

Posted by ColinColin - 25 Oct 2020 23:28

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Mindfulness.

Know that the urge is only something from the TV show.

Mentally, imagine the urge as a cloud.

Distant from you.

Watch it float away.

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