

Renewal

Posted by Shlemiel - 26 Mar 2021 00:00

Shalom.

I have been a member of GYE since 5774; however, I did not join the forum until more recently. In the beginning, back in 5774 when I did not own an electronic device with Internet access, I had a healthy fear of inappropriate material. I found GYE through an add via Arutz Sheva; and, using public internet, I signed up for the chizuk emails, mostly as preventative medicine. Unfortunately around that time, I did view on occasion, mildly inappropriate material on public internet, yet, inappropriate nonetheless. No rationalization necessary.

Until the past several years I had no private access to the internet. I eventually acquired a small tablet; however, I refused at that point to get a router, even though the apartment complex charged a monthly fee for internet use, that I had been paying for years, because that is part of my rent. So, I finally decided on a router, sure enough of myself that I was capable of preventing a worst case scenario of falling prey to shmutz in the privacy of my own apartment.

Yet, I am not a tzaddik; in fact, I am only baal teshuvah with a Conservative religious background. Albeit, I do not consider myself an internet addict, per se, even though I can easily recognize the addictive pattern that leads me back to inappropriate material every now and then. I do not spend very much time looking at inappropriate photos on the internet; nor, do I get caught up in watching any inappropriate videos for more than a few minutes at a time. Yet, even two minutes or less of viewing photos or watching videos is two minutes too much. Recently, in the past several days I fell in a way that should serve as a wake-up-call. H'Shem willing.

I feel that my two greatest "enemies," aside from the yetzer hara, are complacency and rationalization. I know that I need to discern the key issues in my life - the root of the problem - in order to sincerely change. H'Shem willing, through journaling, heshbon hanefesh, and perhaps counseling, if an ideal situation presents itself to me. I also have not made the step of finding an accountability partner to sign up on my filter-accountability app. I am a writer as well as a blogger; so, at this point, I need to balance my writing activities with proper use of the Internet. Looking forward to a renewal at Pesach; perhaps, even my own personal yam suf. H'Shem willing.

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Re: Renewal

Posted by OivedElokim - 26 Mar 2021 00:09

Welcome to the forum.

I personally am excited to have another professional writer on here...

Keep fighting

Keep posting!

Hatzlacha

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Re: Renewal

Posted by Striving Avreich - 29 Mar 2021 21:29

Welcome. Good to have you here.

What do you mean by, "if the situation presents itself to me?"

It's good to have someone to help lead you through this. For me, it has been tremendously helpful. I have been speaking to a veteran member of GYE and a therapist primarily, although for me the addiction was considerably more severe.

Please keep us updated, and please reach out when ever.

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