

Becoming aware of triggers

Posted by pureheart - 17 Apr 2021 21:14

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Thank God, I am 48 days clean. I can't say I have ever gotten this far. I feel great. more free. I have been able to learn and daven, create a healthier sleep schedule. More calm and secure with my wife. Chasdei Hashem.

Over shabbos we had a number of heated fights/arguments. Nothing serious but still very frustrating.

For the first time in 1.5 months, I found myself browsing youtube trying to find something illicit to watch. I didn't go to porn but I was very clearly trying to find something to open that gateway.

BS'D, I was able to stop myself. **The question is**, now that I found this trigger, what can I do to avoid this slip up in the future?

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Re: Becoming aware of triggers

Posted by EvedHashem1836 - 18 Apr 2021 02:03

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Mazel Tov on 48 days!

I'm not married yet so not sure the best advice to avoid that trigger but definitely definitely be very careful where youtube is involved because even things that aren't objectively porn can still be very triggering depending on the person so definitely steer very clear (for myself youtube was a huge problem so I just blocked it on my computer and phone - no way of accessing it. Because what do you really need it for?)

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Re: Becoming aware of triggers

Posted by Hakolhevel - 18 Apr 2021 03:33

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[pureheart wrote on 17 Apr 2021 21:14:](#)

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Block youtube on your phone?

But honestly, the real trigger was the fight with your wife. Is this something that happens often?

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