

This time will be better

Posted by joetyh - 14 Jan 2022 10:58

hey people!!! just had a fall 2 nights in a row after building my streak to 5 days... but you know what, 5 days, that was pretty impressive. I have made myself sort of reliant on videos to entertain myself during bein hasedarim and after night seder which means i occasionally need to access youtube which is a killer because it starts with downloading just some fun vlogs and/or product reviews and it goes downhill from there. I need to find a way to be able to get some videos (I dont think i can quit cold turkey from watching and 613tube isnt an option) but not falling down that terrible rabbit hole of the "How bad of a video can i find on YouTube). besides for youtube theres the plain urges that come and I just feel powerless against them. I try to beat them but its so so hard to. even the smallest trigger (i.e. seeing a random pretty girl in the street) can just set me off on a bad day. I really want to be clean!!! I really do!!!! But I feel like as soon as the urge comes I just decide that "it's just this time" and I'll find an excuse to justify it.

I'm on day 1 now. My goal right now is 1 week. I think I can do it and I know it will be very painful but I'm ready.

any suggestions or if you can relate hop on to this topic

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Re: This time will be better

Posted by joetyh - 20 Feb 2022 09:54

Ok we on Day 3!!

last night was a little challenging.. I got back to Yeshiva really late and I was feeling vulnerable but B"H we good!!!!

today I will be clean Bez"H

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Re: This time will be better

Posted by omoH - 20 Feb 2022 13:08

hey keep up the positivity by reading thru your posts i am catching your positivity from you!
thanx for inspiring me!

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Re: This time will be better
Posted by joetyh - 20 Feb 2022 15:28

I was just by Mama Rachel for the first time in my life!!! I was crying so much B"H I was talking to my Mama Rochel I told her that I'm literally named after her Tzadik Yosef and I am being tested like him and I need help. I know she listened!!! As I was walking out someone offered me a book on shmiras einayim!!!!!!!!!!!!!!

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Re: This time will be better
Posted by Lifelsbliss - 20 Feb 2022 17:58

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Re: This time will be better
Posted by joetyh - 21 Feb 2022 00:47

I fell!! Why?!?!

I was stressed out today and I needed some me time on YouTube (which was supposed to be filtered) and I fell....

but that's that and now I'm continuing being a clean person...

good night fellows!!!!

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Re: This time will be better

Posted by Vehkam - 21 Feb 2022 00:55

You have such a great attitude and you will come out of this struggle so strong. Keep on posting and we will keep on rooting for you

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Re: This time will be better

Posted by Bilaam Harasha to Yosef Hatzaddik - 21 Feb 2022 00:59

There's a lot that gets through the safesearch enabled on youtube and if you're using 613tube, although that's much better than using youtube with safesearch enabled, there's still a lot that can get through if you know what you're looking for. When I found about 613 tube I immediately tested to see if the content I wanted to see would pop up when I searched for it, and it did. The content is not fetish related at all, and in my opinion is actually worse than p. When I was younger I would actually prefer to see that stuff than to go on p websites. Most people in the jewish world don't know about it and it should remain that way but youtube is not a safe place to be at all because with just a few select key words you can find that stuff even on 613tube and so much more so on youtube with just safesearch enabled (this setting also really doesn't do anything in regards to that content and not even to simple lingerie content).

So that's why I don't use youtube at all or 613tube. Maybe consider trying to live without it even though it will be difficult at first. Sorry if I'm coming off a little harsh.

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Re: This time will be better

Posted by joetyh - 21 Feb 2022 01:00

I'm going to sleep now but I just wanted to thank y'all and say that I deleted YouTube for now I'm not safe with it

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Re: This time will be better

Posted by Bilaam Harasha to Yosef Hatzaddik - 21 Feb 2022 01:06

Great to hear! Just a suggestion, maybe take a neder with how your feeling right now to abstain from youtube for a given amount of time that's appropriate for you to take? I think the best for everyone is to get rid of it forever and I think you also feel the same way since you deleted youtube right after the fall.

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Re: This time will be better

Posted by Zedj - 21 Feb 2022 05:38

Keep it up!

Your growing and learning your boundaries.

There are so many other outlets other than YouTube that you can do to let out some steam

How about researching an interesting kosher topic

Read a book

Connect with family/friends

I myself thought YouTube would be a "safe" outlet..it took a few close calls to get my head screwed half way right.

Keep inspiring the olom!

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Re: This time will be better

Posted by joetyh - 21 Feb 2022 09:43

Ok good morning y'all!!!! Today is going to be day one. Although the mehalech is usually one day at a time, I first need to get to a week.....

so today is today

today will be 1/7 Bez"H

I knew it was going to be a challenging week I just didn't think I would mess up on Sunday.... Ok wtvr that behind me

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Re: This time will be better

Posted by Markz - 21 Feb 2022 10:49

[joetyh wrote on 21 Feb 2022 09:43:](#)

Ok good morning y'all!!!! Today is going to be day one. Although **the mehalech is usually one day at a time, I first need to get to a week.....**

so today is today

today will be 1/7 Bez"H

I knew it was going to be a challenging week I just didn't think I would mess up on Sunday.... Ok wtvr that behind me

Yosef Hatzadik - Keep it up!

Just wanna point out what's been said time and time again that 'One Day @ A Time' means doing what works today. Not counting days...

Unless counting days is THE clicker for you, which imho is rare for most of us here, b/c haven't we all been doing that prior to gye?

KOH

Warning: Spoiler!

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Re: This time will be better
Posted by joetyh - 21 Feb 2022 10:57

True But I have to get to a week to be more steady... after that I can take one day at a time.
Does that make sense?

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Re: This time will be better
Posted by joetyh - 21 Feb 2022 14:45

I take that back. Like the rebbe Reb HHM said "you don't worry today if you're going to put on tefillin tomorrow you make sure you put it on today"

today is today

today will be a clean day

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