

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 - 12 Apr 2022 08:14

Ouch I tripped on the way back up. Did the same stupid thing again.

I will have a meeting with myself tomorrow to decide what to do now

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Re: This time will be better

Posted by cordnoy - 12 Apr 2022 13:32

[joetyh wrote on 12 Apr 2022 08:14:](#)

Ouch I tripped on the way back up. Did the same stupid thing again.

I will have a meeting with myself tomorrow to decide what to do now

Tomorrow? To decide what to do today?

Someone had a quote in their signature: Today! Dammit! Today!

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Re: This time will be better

Posted by joetyh - 12 Apr 2022 19:42

[cordnoy wrote on 12 Apr 2022 13:32:](#)

[joetyh wrote on 12 Apr 2022 08:14:](#)

Ouch I tripped on the way back up. Did the same stupid thing again.

I will have a meeting with myself tomorrow to decide what to do now

Tomorrow? To decide what to do today?

Someone had a quote in their signature: Today! Dammit! Today!

What I meant by tomorrow was that I didn't have brain cells to think last night at 5:30 AM but after I wake up I will work on a plan

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Re: This time will be better

Posted by Vehkam - 12 Apr 2022 23:46

Lol. I figured!

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Re: This time will be better
Posted by joetyh - 13 Apr 2022 04:29

Ouch I fell again... someone on WhatsApp that I reached out to during a different fall reached out to me and sent me a nude video...

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Re: This time will be better
Posted by Vehkam - 13 Apr 2022 09:17

Are you able to message that person and ask thwm respectfully not to send those to you anymore?

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Re: This time will be better
Posted by Shmuel - 13 Apr 2022 09:53

[Vehkam wrote on 13 Apr 2022 09:17:](#)

Are you able to message that person and ask thwm respectfully not to send those to you anymore?

I wouldn't engage. I would block and delete

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Re: This time will be better
Posted by 5Uu80*cdwB#^ - 13 Apr 2022 12:01

Huh? Who were you reaching out to?

This is very disturbing.

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Re: This time will be better
Posted by Shmuel - 13 Apr 2022 12:19

[5Uu80*cdwB#^ wrote on 13 Apr 2022 12:01:](#)

Huh? Who were you reaching out to?

This is very disturbing.

His bubby

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Re: This time will be better
Posted by Vehkam - 13 Apr 2022 12:53

[Shmuel wrote on 13 Apr 2022 09:53:](#)

[Vehkam wrote on 13 Apr 2022 09:17:](#)

Are you able to message that person and ask thwm respectfully not to send those to you anymore?

I wouldn't engage. I would block and delete

Of course. I meant if it's a friend.

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Re: This time will be better
Posted by Shmuel - 13 Apr 2022 15:10

[Vehkam wrote on 13 Apr 2022 12:53:](#)

[Shmuel wrote on 13 Apr 2022 09:53:](#)

[Vehkam wrote on 13 Apr 2022 09:17:](#)

Are you able to message that person and ask thwm respectfully not to send those to you anymore?

I wouldn't engage. I would block and delete

Of course. I meant if it's a friend.

Even so

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Re: This time will be better
Posted by Face the challenge - 14 Apr 2022 04:30

Something is hidden for guests. Please log in or register to see it.

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Re: This time will be better
Posted by Shtarkandemotional - 14 Apr 2022 04:37

[Face the challenge wrote on 14 Apr 2022 04:30:](#)

Something is hidden for guests. Please log in or register to see it.

This is 100% true for me as well! The triggers with YouTube are/were insane!

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Re: This time will be better
Posted by joetyh - 14 Apr 2022 13:35

Good morning! 1 day clean behind me B”H.

I’m asking Hashem to help me stay clean

you had some good questions but I feel like answering them can be machshil others so I wont

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