

YouTube leading to Fails... Any ideas?
Posted by Emes-a-Yid - 28 Feb 2023 00:24

I need some help breaking away from using YouTube platform, including watching all sorts of videos, which besides leading to

1. many waste-less time
2. negative impact on sleep,
3. Kills productivity,

(have diminished control over watching excessive amounts of video content).

Plus other negative influences from the open world society, literally to anything vast out there, as blunt and exposed without any blockages, since YouTube admins are the only ones in charge to block users and videos based on their own decisions of the "wisest non-rebbeim" etc.. It is a very hard reality to break free, but definitely with someone willing to challenge me and maybe working together it can help very much. It may sound strange but I forgot to include the main issue that may lead from such random videos is the issue of wanting a created desire onto an explicit site if you understand me..etc... So with that being said, anyone also dealing with the YouTube Problem of trying to break away and can't? And is their anyone willing to maybe help me and challenge (may have to be a 2 person deal to better solve to want to do it) each other..? If you are interested and have an idea please respond, I am eagerly trying to stop, week after week and thinking it will end yet get back on it.

Thanks for the support. Please let me know your feedbacks.

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Re: YouTube leading to Fails... Any ideas?
Posted by Grant400 - 28 Feb 2023 16:54

Same issue.

I blocked YouTube on all my devices with a filter. I only use when necessary on a public computer at work.

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Re: YouTube leading to Fails... Any ideas?
Posted by ms249 - 28 Feb 2023 17:10

There is a chrome plugin that blocks all recommended videos. It helps to not get lost.

chrome.google.com/webstore/detail/unhook-remove-youtube-rec/khncfooichmfjbepaaaaebmommgaepoid?hl=en

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Re: YouTube leading to Fails... Any ideas?
Posted by chancy - 28 Feb 2023 17:23

I used to have all kinds of issues with a host of streaming video sites. (not porn, just regular movies). I couldn't get rid of them. It was harder to quit than porn,

But what happens then is I would end up seeing something half improper and that would eventually lead to acting out.

So in the end I had no choice but to get a very strong filter on all my devices, plus screen monitoring accountability software. And it just stopped there. I was never able to circumvent anything and I stopped craving it/

So get some strong filters and whenever you come across a website that's triggering you and you are afraid that you will keep going back, just tell the company to block it and that's it! Simple but effective....

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Re: YouTube leading to Fails... Any ideas?
Posted by Emes-a-Yid - 28 Feb 2023 17:57

[chancy wrote on 28 Feb 2023 17:23:](#)

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So get some strong filters and whenever you come across a website thats triggering you and you are afraid that you will keep going back, just tell the company to block it and that's it! Simple but effective....

To respond to all 3 guys.. the plug in or extensions are helpful and do prevent many different scenarios, it just took some time when I realized ways out the same way you install in, you can uninstall it instantly. It helped as a geder, better than nothing forsure.

and to chancy, I do have a filter, but there are many devices, to just do that on all devices is not too easy, (costs and other people's devices) I tried with passcodes to not even enter those devices but at the end one day you just get it.. so not a complete solution although helped as some sort of geder better than nothing.

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Re: YouTube leading to Fails... Any ideas?
Posted by chancy - 28 Feb 2023 19:37

I know its not easy and it was very hard for me. But the hardest part was making the decision that i cant go on living like this!

Once I was clear that untill i got rid of everything i could and installed whitelists or very strong filters on everyhting else was the only option, i did that. It was hard to get used to a bit but i dont regret it one bit!

The YH is forcing us to think that we need this and that. If you care about being holy and you see that you keep on getting around filters and stuff, then the option is clear.

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Re: YouTube leading to Fails... Any ideas?
Posted by chancy - 28 Feb 2023 19:47

Reb Emes,

Please listen to yourself, why are you giving excuses for the YH? Im not trying to make you feel pressured or anything. I just care very deeply.

And it really bothers me when people say that they really want to get better and have tried everything but keep falling with the internet because the access is just too easy, yet they cling to it as if its a lifeline and will come up with hosts of excuses why they cant do this or that.. I really feel bad for people like that who cant see that they are being blinded by the internet. Its like the story that the G'mara says about an Tana that saw a little kid during the destruction of the Bies Hamikdash and he spoke to him trying to calm him down and to get him to say Krias Shma before he dies, but the kids refused rather taking out a small iDol (TM) and worshiping it before he died. Thats how blind they were and this is how blind we are.

Im really sorry for being so blunt, i dont know your exact situation, i mean no disrespect nor to cause any pain, quit the opposite, I want to show you that there is hope and light if we will just accept that the use of internet devices is a terrible plague on our society and has caused this addiction and all of its afflictions to skyrocket ever since it came out. Once you see that, you can make a clear decision on what you really want to do and you will be surprised on your abilities to grow.

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Re: YouTube leading to Fails... Any ideas?
Posted by Emes-a-Yid - 03 Mar 2023 06:04

[chancy wrote on 28 Feb 2023 19:47:](#)

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Your words are hard to hear, and the mashal is spot on! I haven't responded because I wanted to think about it. I haven't stopped thinking about it, and spoken it out. It is a very hard pill to just take. Halevay it was easy.

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Re: YouTube leading to Fails... Any ideas?
Posted by simchaft - 03 Mar 2023 07:21

Hello brother,

Just delete the app and all social media. Have a strong filter that blocks YouTube etc. I have Gentech have all Socials blocked completely .There is no reason for a Jew to have it. It contaminates the neshama and Leads to sins like Aprikorsiut or Wasting Seed c''v. Delete it and never look back

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Re: YouTube leading to Fails... Any ideas?
Posted by Bennyh - 03 Mar 2023 14:58

Reb Emes a Yid!!

Listen to the brothers here. Many of ius are speaking from experience and were once on the same boat as you.

Like you so clearly stated in your post, this is having a deeply negative effect on your life, both b'ruchniyus and b'gashmiyus.

Spiritually.

Emotionally.

Mentally.

Physically.

You **know** what the right move here is. It's not even a sheilah in you mind. You just need to take that **knowledge** and turn it into **action**.

The key thing here is to **restrict as much access you have as possible**. When I had access, I was a drunk addict, bingeing movies and TV shows and wasting hundreds if not thousands of hours. Every aspect of my life suffered as a result.

Until I woke up one day and said ENOUGH! I threw away my smartphone, removed internet access from my home, and started a seder in shmiras eynayim.

I only have access at work where there is serious filters and accountability.

It's not easy, oh no no no.

But you have to make a choice. Do I want to be controlled by tech companies in Silicon Valley or do I want to be IN CONTROL OF MY OWN LIFE?

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Re: YouTube leading to Fails... Any ideas?
Posted by Emes-a-Yid - 05 Mar 2023 06:18

[Bennyh wrote on 03 Mar 2023 14:58:](#)

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But you have to make a choice. Do I want to be controlled by tech companies in Silicon Valley or do I want to be IN CONTROL OF MY OWN LIFE?

Thank you. Very Clear and to the Point.

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Re: YouTube leading to Fails... Any ideas?
Posted by Emes-a-Yid - 05 Mar 2023 06:21

[simchaft wrote on 03 Mar 2023 07:21:](#)

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Definitely know that, it is more of an action awareness that is missing as Bennyh said.

I can "just go" cold turkey on it, but doesn't actually give me the right derech to remove it. It isn't a practical advice for the long run, although at the surface level without a doubt for the first few days it would help. Thank You

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Re: YouTube leading to Fails... Any ideas?
Posted by jackthejew - 05 Mar 2023 09:46

[Emes-a-Yid wrote on 05 Mar 2023 06:21:](#)

[simchaft wrote on 03 Mar 2023 07:21:](#)

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Cold Turkey usually works until the turkey heats up. Take things one step at a time.

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Re: YouTube leading to Fails... Any ideas?
Posted by yud909 - 05 Mar 2023 14:29

After reading this thread I just deleted Netflix and YouTube on my phone.

still have access on my computer but one step at a time...

so thank you all for the push and the chizuk

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Re: YouTube leading to Fails... Any ideas?

Posted by Grant400 - 05 Mar 2023 14:44

[yud909 wrote on 05 Mar 2023 14:29:](#)

After reading this thread I just deleted Netflix and YouTube on my phone.

still have access on my computer but one step at a time...

so thank you all for the push and the chizuk

Happy to hear that! Good for you!

Just want to put this out there. I have deleted apps many times, only to download them again even for regular reasons and then things spiraled. What I have discovered was that I can request my filter company to block certain apps with a note on my account, that even if requested it still won't be allowed. Maybe this is only because I went through TAG but it's amazing how much this saved me from wasted time and temptation.

Warning: Spoiler!

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