

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 Misgaber96 - 14 Mar 2023 00:45

[chancy wrote on 09 Mar 2023 17:06:](#)

Thank you!

I will keep GYE open the whole day.

wow its really burning me today.

I have a goyta in the office that decided to come dressed enticing today as well..... (Maybe its just me and everything is a turn on....)

But I will NOT look at anything improper or even think.

Thank you for sharing your situation... please share with us how you are doing now

I like your tactic of keeping GYE open the whole day

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Re: YouTube leading to Fails... Any ideas?
Posted by Trying The Best - 14 Mar 2023 02:42

I actually have GYE as a pinned tab on my PC and my tablet! I feel like it's a Shmura for me!

And I'll tell you this...I became addicted to GYE.... (Shhhh...Don't tell anyone), i can sometimes have a pile of work and I am busy reading and getting inspired of these amazing ppl here, but I feel like this is an investment for me, family and my life!

enjoy!

Trying the best.

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Re: YouTube leading to Fails... Any ideas?
Posted by Emes-a-Yid - 14 Mar 2023 04:16

[Trying The Best wrote on 14 Mar 2023 02:42:](#)

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enjoy!

Trying the best.

Incredible! Nice username!! Nice to see you around GYE, hatzlacha on all your endeavors!

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

Posted by Emes-a-Yid - 15 Mar 2023 04:23

Looking back to the past when ever ch"vsh a fail occurs, I used to be numbed so within the week or so although with some regret I was bound to fail. Now however, I see that it just out right made no sense, I cant believe I went so low to watch bad stuff.

Baruch Hashem, another reason it's hitting me is I also stopped YT for 2 days, I challenged someone and now am holding back at least 5 times I could have watched some videos instead am being more productive, and gearing to the better side - lol I know it's only 2 days, but it increases my mind better in thinking and gearing of less one minute short videos or tens to hundreds of 10-30 min clips just sitting there as if it was my job to eat up every video. Baruch hashem, one day out of the YT videos was nice, and B"ZH I stick with it for the full week, then viytar.

Yisod for my life... I had to wake up and it's about time.

I needed a challenge I guess, and pretty much was a huge factor of removing myself from youtube, since that lead me to bad sites. I now try gearing to specific sites of shiurim, gmails and site for music. Other then that unless needed I try opting out of.

3 weeks complete and can't wait to continue progressing behzras hashem!

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Re: YouTube leading to Fails... Any ideas?
Posted by Emes-a-Yid - 21 Mar 2023 00:01

Haven't been on yt for some time, avoided as much as possible with usages to videos Baruch HaShem, with Hashems help it should go on and on to see more days without it and be mesameach and clean

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Re: YouTube leading to Fails... Any ideas?
Posted by Horizon - 21 Mar 2023 02:12

@chancy you sound like a very strong individual. impressive work. i want to take chizuk from you that getting a good filter (which i recently did) can make someone 'stop craving it', but at the same time i dont want to give myself false hope. thanks for sharing and hatzlacha!

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Re: YouTube leading to Fails... Any ideas?
Posted by chancy - 21 Mar 2023 20:02

HI HOrizon,

Getting a filter is not enough, what we have in our minds it already more then enough to keep the fantasies going, not to mention the streets today..... So a filter on a computer is not enough.

But being with out one is just suicidal for people like us, its a fools errand to try to fight this when you have access to an unlimited sea of your wildest fantasies a second away from you! Its like someone who is a driving a small boat that gets a hole and starts tkaing on water, ubt he ignores it and keep trying to steer, hes an idiot! He wont get anywhere like this, first plug the hole well and strong, then you can get things straightened out and see where you wanna go.

However, once you do get a filter and by that i mean a great filter plus webchaver or something similar, after a awhile your brain will start to get better and better because,

First, you are not giving more fuel to the desire.

Secondly, your mind does heal the longer it goes by and you dont watch P, the brain wires that were created to crave these things that happen when you watch P can get unwired! It does happen. So its worth it.

In addition to the above, you should most definatly check out the F2F program where you will learn lots of tools to overcome this issue long term. .

Good luck

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Re: YouTube leading to Fails... Any ideas?
Posted by dannyboy - 22 Mar 2023 01:21

I too struggled with this problem. After a fall I would be mechazek myself "no more YouTube!" if say. But then an innocent video here and I was back into it. This would eventually lead to slowly but surely less and less kosher content until finally I had another fall. As long as I had access to YouTube no matter how long I went without watching videos involving pritzus it always led to a fall. In my opinion there are no eitzas to dealing with YouTube. I cut myself off completely and cannot access any video sites at all. Bh I haven't watched a video in 67 days and it has been amazing. If you are able to cut yourself off in totality I urge you to do so because I feel no matter what the precautions maybe there will always be some loophole.

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Re: YouTube leading to Fails... Any ideas?
Posted by Emes-a-Yid - 22 Mar 2023 04:23

[dannyboy wrote on 22 Mar 2023 01:21:](#)

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I hear you out, it's exactly on point and hard to not fall almost 99% not going to happen within a couple of hours or days, some maybe even minutes..

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Re: YouTube leading to Fails... Any ideas?
Posted by Bennyh - 22 Mar 2023 21:27

[dannyboy wrote on 22 Mar 2023 01:21:](#)

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Dannyboy, what an awesome first post! Such chizuk, thank you! Please keep the fire coming!

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

Posted by Misgaber96 - 23 Mar 2023 06:52

I have done this myself with a filter, I do know someone that is a sexaholic as well who does allow youtube but he does not allow himself to click on anything else, if he wants to watch something he can only search for that thing and then go off. He has been sober for 6 years though and works the SA program Religiously for a want of a better word. Basically one has to know themselves, this would not currently work for me as I am more obsessive. Besides I am a bit more yeshivish and Youtube is a bit of a no no. I am wondering whether it would be good for work one day showing patients exercises... Really I could make a video on their iphone of their exercises.... more to ponder on.

ALL the BEST

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Re: YouTube leading to Fails... Any ideas?
Posted by excellence - 23 Mar 2023 10:52

Most of my falls began with youtube and went downhill from ther. Youtube is full of of lust. For me personally webchaver on top of a filter was a huge gamechanger

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Re: YouTube leading to Fails... Any ideas?
Posted by Emes-a-Yid - 23 Mar 2023 12:10

Yes excellence, I am with you on that point.. YT is dangerous, maybe the more I say it the disgust for it gets bigger and unimagivable to ever go on..

Like I said earlier yt was a big struggle, it was the main issue to most nisyonos to fail, but BH getting head way towards a clearer derech, one day at a time!!

Soon it may be 60 then 90 days...

I am happy with my progress, I report more frequently which helps a lot, just at times I don't see the speed of the days going higher as fast, so I lose chizuk a bit. Working on a mehalech always to progress,

BH a chaver pm me with a challenge, don't know if he wants to be mentioned, basically it's a

challenge not to use YT in short with some conditions what that means, and kenas of some money to the other guy, and if 2 people lose it gets reset. BH we both did really good, he had way much more to respond of his productivity, I would wish he says it over, but as for me. I had a much better time and awareness of thoughts and grip on myself, my surroundings, I appreciated myself more, I got to work on myself more direct, and not as superficial. BH, enough with my blabbing, I just want to thank GYE and the oilam helping putting this together, always helping any person anonymously at both fronts, and it is actually working! Kol HaKavod!!, want for all of us to be matzliach till the very end BzH!

thanks for staying tuned with this forum, I hold of YT very Powerfall to grab you in, you must do something about it if you at times or especially consistently fail by it at the end.. What to do? Ask Chaverim here or speak to a Rav if you can. It's a hard topic and some may not even understand it, but I was there at a point. By that I mean NG levels of low from where YT lead me

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Re: YouTube leading to Fails... Any ideas?
Posted by Horizon - 24 Mar 2023 00:01

hi chancy and thanks for responding to me.

bh i have a very solid filter with almost no web access at all. i was considering doing something like webchaver but i dont know if its needed w the filter i have. plus i dont really know who to do it with.

i enjoyed your analogy of the boat which drives a good point home, and your bringing up the idea of neuroplastissity. (is that what its called?).

i started the f2f a while back, but just recently got more involved w gye and should prob have another look at it.

thanks again!

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