

Chizzuk Needed

Posted by simchastorah - 04 Nov 2024 10:39

Shalom to all the courageous members of GYE, who deal with this nisayon that so many struggle with, bravely admitting to their issues and doing everything that they can to overcome it. I had a different thread in the past, but have not been active on it for a long time. I have been struggling recently and what I have tried has not helped. I have a filter, accountability with HHM, and have delved deeply into my inner life to try and understand the roots of my struggle. I daven passionately to Hashem in every way I know how to help me, but alas I find myself falling again and again.

My hisbonenus for today is to be mischazek in the emuna that Hashem has infinite koach and He can overcome my yetzer no problem. And ??? ?????? ????????. And that any voice in my head that tells me I'm bound to fail, ????? ??? ??????. As some explain the the ??? ????? is this thought itself, that I don't have the power to overcome the yetzer.

Yesterday I fell three times and by the end of the day I felt like I was living in hell. I finished a productive and meaningful morning seder and walked home davening to Hashem to help me not to fall. By the time I got home I felt that I had the chizzuk I needed to not fall. Even with being mchuzak I fell and wasted much precious time throughout the day trying to find cracks in my filter to squeeze out whatever filthy content I could.

But ????? ??????? and I am absolutely committed to not being ??????.

I am committing bli neder to posting here every day until I have 30 days clean from porn and masturbation.

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Re: Chizzuk Needed

Posted by simchastorah - 11 Feb 2025 06:13

Day 100 pm "?"?

Day 0 from computer misuse

Day 0 from kugel. I know it's assur to eat before davening but dang this kugel is just too good, thanks tzitzis dude. I think if I have just one more piece, just two more pieces, I'll be ready for a great shacharis. This kugel is so good combined with golden crisp, I never would have thought of that.

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Re: Chizzuk Needed

Posted by simchastorah - 11 Feb 2025 06:20

I forgot to mention something important. Yesterday I searched for something which I knew would show me women not exactly dressed like beis yaakov girls. During which I also stimulated a bit. I regret both things. Beh today is a new today.

Btw extra hard to stay off the news when the Trump show releases golden nuggets daily.

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Re: Chizzuk Needed

Posted by azivashacheit101 - 11 Feb 2025 06:31

There is a phone number you can call to listen to the news, I don't like to give it out because it's a huge time waster, and it is not a frum thing. For example you can hear Fox news and the Ben Shapiro Show ect. If for you looking at the news is a big enough drive that it may mess up your streak then I can tell you the phone number. Maybe ask a mentor if this is right for you because the downsides are the ability to waste TONS of time and listening to goyish news stations and news podcasts. Let me know

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Re: Chizzuk Needed

Posted by amevakesh - 11 Feb 2025 14:33

[simchastorah wrote on 08 Feb 2025 19:43:](#)

Something I've really been struggling with is using the computer destructively. I've written about

this a bit in the past. I am so addicted to the computer. I check the news, email and gye first thing in the morning (sometimes while in the middle of saying brachos lately...). Throughout the day I check the news millions of times, just hitting refresh again and again, going from site to site, just trapped in a cycle of inertia. I see this as nothing less than another expression of addiction. It is intrinsically less damaging then the addictions we come here for, but I feel that it has an absolutely terrible effect on my life. It causes me to waste tremendous amounts of time that I could be learning, spending time with my family, doing things that I really really need to be doing, or working.

But again and again I find myself just stuck in front of the computer for no good reason. I saw someone post about having struggled with this in the past, I believe it was PYM. So I know I'm not alone in this.

I want to try and rid myself of this behavior (once again). I can't give up on this. Time is too precious.

I want to try and use the forum to break free from this addiction. I will be'h be posting here daily about my progress breaking free from this other thing as well. I am so fed up and in so much pain about this. I feel like such a slave and know deeply that acting passively on the computer is such a terrible terrible thing. If you don't agree with me, feel free to continue using the computer however you see fit. But after 5 years of having to be on the computer and seeing again and again what a terrible effect going on the news, entertainment and just brainless clicking has on me, my mind is fully made up that it's terrible. (Lets say an av hatuma, we need to leave titles for the real shmutz)

Thinking about cleaning up my act in this area is actual really scary. I lean on the computer as a crutch to help me deal with feelings of great unease. Apparently in the program addiction is called "the disease of dis-ease." I feel that that description fits me like a glove. I am constantly running to different things to help me with my deep disease. Throughout my life I have been addicted at various times to p and m, to drugs of different types, to smoking, to vaping, to books, to audiobooks, and to just general 'clicking around on the computer.'

So it's scary. How will I manage? What will I do when I'm learning and I'm suddenly seized by a fit of anxiety? I don't know. But it can't be going on the news anymore. Or going on youtube. Or going on linkedin (which stinks anyways). Or even going on gye. Because as great as gye truly is, acting like an addict on gye is damaging too.

So my goal is

No: news, youtube, social media, forums (other than gye)

Limited: gye. I will allow some clicking around on gye, and if am actively chatting with someone or reading a post or writing a post I won't put a time limit on it. I need to come up with a time limit for clicking around on gye, im thinking 20 minutes a day

Lastly, if I find myself clicking around aimlessly, to stop as soon as I realize it.

If you relate to what I'm talking about, I'd love to hear from you. If you don't relate or disagree with what I'm talking about, I'd love to not hear from you. If you think I should go to a therapist, you may be right, but I have gone to many in my life and am not interested at the moment in starting that process over. It will take a number of sessions with a new therapist for them to realize that yes I know I'm insecure, I have a good idea where it comes from, I know that the reality within which my insecurities were developed are no longer applicable, now lets see whether you as a person can help me, and there's a good chance they can't. So ????. ???. What can I say.

Anyway: Day 2.

Simchas Torah, your self awareness and ability to express yourself so clearly, inspires me time and time again. One of the first threads I look for when I open up GYE is this one. There's so much wisdom and self introspection that I walk away from it inspired every time. Having said that, your most recent observation resonated very deep with me. BH over the past year and a half, I have been Zoche with the help of Hashem and His holy messengers on this site, to clean up my lusting act. Sure, there are bumps in the road, every now and then the YH rears his ugly head, and I always have to remain vigilant and not grow complacent, but for the most part, it's under control.

However, and this is a big however, the issue you raised is a big issue that I still struggle with. There are better times and worse, but I still struggle with checking the news, and sports. Often, like you describe, I can check the news multiple times an hour, especially when it's Bein Hazemanim. Trump isn't making things easier for me either. My attachment to sports is usually somewhat under control, but it flares up around big events (world series, superbowl etc.). What kills me the most, is that I had gone approximately 18 years without and involvement in sports, and now I'm having trouble kicking the habit completely.

I recently attended an Oneg Shabbos Fri. night with a group of Chaveirim. There was a round table discussion about how we can improve in decreasing our reliance on technology. One of the Ballei Battim of the Shul got up and said that 2 and a half years ago, he made a "challenge" only, to refrain from checking news and sports, only sites that he needed to go on to for his business. It's now 2 and a half years later, and he hasn't broken his "challenge". He went on to describe how much better and richer his life had become since then. I was blown away by his ability to maintain a "challenge" of that magnitude. I was seriously jealous, and I resolved that I got to make a short term "challenge" and I'll hopefully be able to maintain. When I shared it with my Rav, he told me that although what this individual did was admirable and is worthy of tremendous respect, it might not be for everyone. He recommended checking the news once a day on a frum website for a limited time. One thing it helped was that I was planning on listening to the Superbowl when I was in the car (I still can't bring myself to watch it) to and from Night Seder, which I didn't do. I only found out the score the next day.

The way I see it. This a far more insidious and subtle problem than lust. While lust is perhaps far worse in terms of an "addiction", mindless time wasting online robs me of the ability to fully live in the moment, and fully be present in the important things that I do in life. Also, with lust, we know that were dealing with an ugly monster and we know it's wrong. No one will justify what he's doing by saying it'd okay to indulge in it. But killing time online can be rationalized by saying, it's not so bad, what I'm doing isn't "wrong" outright, but the effect it has on me is hampering my ability to stay zoned in and focused on the task I'm meant to be doing. My Davening isn't where it should be, same for my learning. The more mindless browsing I do, the more it instills a certain listlessness in me. I think that there's a direct connection between the two. Additionally, I would like to reserve the "power" of curiosity, for things that it was meant to be used for. So I think I'll be hopping on to your bandwagon and attempt yet another "challenge" (I've done similar things before, with limited success) to try to check the news on YWN only once a day for no longer then 10 minutes. I will try to keep it going at least until "next" "challenge" and if it's going well, then I'll try to extend it. Thank you so much for being the inspiration and giving me the kick in the pants to do this.

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Re: Chizzuk Needed

Posted by vehkam - 11 Feb 2025 14:58

This is very admirable. One thing I did recently was that I made a Kabbalah not to check any (of the few frum) news sites before lunchtime. I am hoping to iyh expand on that and continue to cut down on wasted time.

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Re: Chizzuk Needed

Posted by chaimoigen - 11 Feb 2025 15:04

[simchastorah wrote on Unknown:](#)

Btw extra hard to stay off the news when the Trump show releases golden nuggets daily.

May be helpful to focus on the fact that the current version of Trump doesn't really exist. He's just a AI daemon, somewhat realistically programmed with an extra helping all of the over-the-top character traits of our former president (who has been missing since he took the experimental COVID vaccines). The AI bot is fully funded and fully controlled by Elon Musk.

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Re: Chizzuk Needed

Posted by simchastorah - 11 Feb 2025 15:13

@amevakesh first off thank you very much.

I fully agree with everything you're saying in the last paragraph regarding the nature of the problem.

Maybe tomorrow I'll start again as I have already checked the news many times today... 10 google times as my son would say.

If more people are interested in this maybe we should start a thread specifically devoted to this topic.

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Re: Chizzuk Needed

Posted by simchastorah - 11 Feb 2025 15:14

[chaimoigen wrote on 11 Feb 2025 15:04:](#)

[simchastorah wrote on Unknown:](#)

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Some of my best friends are AI daemons. In fact I consider myself to be an NPC myself.

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Re: Chizzuk Needed

Posted by BenHashemBH - 11 Feb 2025 15:28

Can I hitch a ride with you Brothers? I think we're wanting to travel in the same direction.

I agree with you Amevakesh. At least for me, lust did not consume my whole day every day. How I use and misuse my time runs deeper and is far more expansive. I can continue to filter my problem, but I haven't dealt with my problem, just steered it to less negative things. I've conditioned my brain to be busy with whatever, jumping from thing to thing, basically since as far back as I can remember. Rewiring 30 years ain't gonna happen that fast, but BezH we can keep working on it, one improvement at a time.

Hashem, I want to connect with you. I want to be closer, but I let all these things keep distracting me. Please help us find yishuv hadaas. Help us find and realize the meaning in our

lives that transcends this habitual need for base stimulation all the time. Please grant us Your peace.

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Re: Chizzuk Needed

Posted by amevakesh - 11 Feb 2025 16:32

[chaimoigen wrote on 11 Feb 2025 15:04:](#)

[simchastorah wrote on Unknown:](#)

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May be helpful to focus on the fact that the current version of Trump doesn't really exist. He's just a AI daemon, somewhat realistically programmed with an extra helping all of the over-the-top character traits of our former president (who has been missing since he took the experimental COVID vaccines). The AI bot is fully funded and fully controlled by Elon Musk.

Not helpful at all. An AI Donald sounds way more intriguing then a boring real life Donald. Greenland, Panama, Canada, Gaza. The possibilities are endless...

Oh, I just realized that you hit 100 days. I know there's nothing different about day 100 then day 14, but it's gotta feel good. Mazel Tov!!!

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Re: Chizzuk Needed

Posted by simchastorah - 12 Feb 2025 06:51

Day 101 ?"?"

Ok so I have already been on the news / gye for approx 10 minutes today. Rather than throwing in the towel I will be'h try to stay off of news, youtube, social media, and lhavdil gye till tomorrow.

Like amevakesh said, part of the insidious nature of technology use is the fact that any single interaction with technology may have nothing bad about it, but it somehow shleps you in to a whole state of being where you are living as a passive entity, surfing the waves of an endless sea of shtusim. And even though there may actually be much content which is not shtusim, when you're interacting with it in the passive way of 'surfing' you're not tapping into the sechel that's there, but rather an extremely superficial way of 'how does this content tickle me'.

When I was learning full time I barely ever went on the computer. I mostly went on to download shiurim which I would listen to on an mp3 player. The shiurim I would listen to tended to be quite dense in nature and require paying real attention to get from. At a certain point I found myself downloading shiurim of a different nature, where there was entertainment thrown in, jokes and such. I actually believe that that was the beginning of the road to technology addiction. Often if you mention how harmful technology is you'll be met with a response about how 'but there's so much good on there too'. And there is truth to that, there's really no denying it. However from the perspective I'm bringing up, even the positive content on the internet can be interacted with in a way where all you get is the klipa of it and none of the pnim.

Technology addiction to me means a thirst for a constant hischadshus in experiencing the world but hijacked by the most superficial part of experience.

The nefesh hachayim talks about how in every moment Hashem is bringing the world into existence by way of a different ????? of His Name. Meaning not just is it true that in every moment Hashem is being mkayem the creation, and the creation has no existence outside of His '?????', but the existence itself is of a totally different nature in every moment, and on the most basic level it is a way of 'communicating' a different message to us.

I saw from Rav Yaakov Meir Shechter bringing from Rav Nachman that every moment Hashem is being mchadesh chidushei torah. Those chidushei torah are nislavesh in the world as the events that occur. Every Jew has a desire to be ???? those ??????, and if he is not being ???? the ?????? ???? through a ????? to ???? itself, then he will feel a need to be ???? them through hearing the news.

I think what I'm talking about is something even worse. If one is interested in hearing the news he is at least interested in hearing the chidushim that are occurring in the briyah. But with technology addiction, it's not even an interest in actual chidushim. It's in interest in having the experience of chidushim without the actual chidush. Like there's something in the ??? which interacts with ????? and you're just trying to be ????? that inner ?? to have the experience of ????? without actually coming to imbibe any ?????.

I hope I'm being clear. In other words there's a deep inner need to be masig chiddush, because the truth of reality is a process of constant chiddush, and therefore true existence for us is being ??? towards that chiddush. And that need expresses itself in multiple layers within the person's consciousness - here we're identifying 3 levels - 1) to be masig the etzem chiddush with sechel in torah (obviously many levels of that) 2) to be masig what's coming from that chidush mtoch seder haolam (news) 3) to have the experience of being ??? that chiddush, the hisorrerus of kochos hanefsh.

And technology addiction means cutting ourselves off from the deeper levels and trying to satisfy the whole need for chiddush mtoch the most superficial level.

So like I said before I'm going to try and work on this thing today. If you want to be in touch PM me with your email address and I'll see the PM in my email and respond. Have a great day!

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Re: Chizzuk Needed

Posted by amevakesh - 12 Feb 2025 15:00

Beautiful and profound. Lots to think about and ponder. My email is in my signature. To be completely honest, before I put up my own post, I took my last licks at indulging in the things I'd like to refrain from. So in essence, it's also my first complete day of the _____. I'll be hoppin' onto the back of the wagon of the Besh"t with you, to try to be Masig the deepest levels of Chiddush and connectivity in all areas by refraining from the superficiality of the Klippos that look to strip the Pnimius of all things that are real.

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Re: Chizzuk Needed

Posted by BenHashemBH - 12 Feb 2025 20:53

After giving this some thought and shmoozing it over with Reb Simchas Torah, I think there is room to make progress by starting with smaller habit changing.

For the next week until Parshas Mishpatim, BN, I will not use any internet (with the exception of any deliberate, function need - which I don't currently foresee) from the normal time that I wake up until at least after learning, davening, and getting home / to work.

Non-committal, I will try to not use internet in my bedroom while going to bed either. Maybe I can leave my phone out of my bedroom altogether. Will take it slow and see how it goes.

BezH I hope to get used to this and perhaps in the future I can adjust and expand the time or days that I can learn to be ok to be disconnected from the easy go-to nonstop stimulations of the internet - which end up being both healthy and not packaged together.

It feels really good to take even a single step in the right direction.

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Re: Chizzuk Needed

Posted by simchastorah - 13 Feb 2025 11:16

Day 102 ?"?"

Bh stayed strong and didn't come onto gye or news from that post yesterday until now! Was pretty challenging but I'm so glad I did it. I'm joining BenHashemBH in be'h not going on the computer until after seder until parshas mishpatim to be reassessed then except for certain exceptions which we discussed. I want to continue be'h to not go on any news today and not to be mindlessly clicking around on GYE for more than 20 minutes

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