

struggle continues

Posted by StrugglingGuy - 16 May 2010 14:39

from a high to a low-

So after a shabbos where I made harchakos from mstrbtion and erotic lit as well as davened what i felt were good tefillos, i fell twice in a short span; once last night and once this morning. Right after the falls, i felt that since the urge and the yh were so immensely powerful, i felt powerless and concluded there is nothing i could have done this time other than ms**bt... I didnt have remorse basically; I chalked it up to the YH.

the yezter hara seems to have so much patience that even if i go a week clean (which is what i had) the urge can come at any moment...

help appreciated...thanks guys.

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Re: struggle continues

Posted by gingy - 22 Jun 2012 12:43

Hang in there.

(Oh for me; smart phone into the bathroom was a huge problem: don't take it in with you if you have the same issue.)

-Gingy

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Re: struggle continues

Posted by Gevura Shebyesod - 22 Jun 2012 13:09

...????? ?????? ???????

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Re: struggle continues

Posted by StrugglingGuy - 22 Jun 2012 13:46

Gingy it's not the bathroom it's more just late st night in bed when I like to listen to radio with my headphones (so my wife can sleep) my k9 browser doesn't block romantic excerpts nor pics of women anyone know how to bLOk these things?

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Re: struggle continues

Posted by Gevura Shebyesod - 22 Jun 2012 13:56

So don't take your phone to bed with you. Get a Sansa Clip or something like that to listen to music with. THe K9 on the phone is not really strict enough but I don't know of anything better.

Hatzlacha and KOMT!!!

Gevura!

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Re: struggle continues

Posted by Dov - 24 Jun 2012 04:09

Not that you'd like this, but:

You will get what you really want.

I suggest starting to make phone calls to some trusted friends in this same pickle as you

whenever the situation you described occurs - and each time, giving it up by admitting what you are doing/want to do.

It is a start...*if* you **really** want to quit.

I do this when I want to act out. Over time, admitting the truth works wonders.

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Re: struggle continues

Posted by ginky - 24 Jun 2012 04:22

Inline with what Dov just said:

I had a strong urge to look at neighbor in pool. Called the wife, whom I told everything shortly after I joined GYE, and letting her know lifted most of the stress because the struggle was not just inside me but was voiced to another person who cares about my situation.

(Not that you need to confide in significant other, but calling someone else explaining what you are thinking of doing *before* you do it helps a lot)

-Ginky

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Re: struggle continues

Posted by Dov - 24 Jun 2012 19:54

Actually, it is often the only way we really prove that we are ready to let it go. Otherwise, "wishing to quit" is just more lying to ourselves, that's all.

Our actions usually prove what we really want.

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Re: struggle continues

Posted by StrugglingGuy - 25 Jun 2012 11:48

I think I've made a step forward by telling my wife abt my iPhone foibles but I need to now tell ppl before I did it

U guys r right thx for the posts

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Re: struggle continues

Posted by gibbor120 - 25 Jun 2012 16:18

Anyway, it sounds like you are waiting for a filter to save you. "If only K9 would block everything, I'd be ok." A filter is a helpful tool, but it's like riding on a sinking ship and wishing you had a better bucket to bail water. Get off the boat and onto a life raft my friend! Then head for the

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Re: struggle continues

Posted by StrugglingGuy - 27 Jun 2012 20:26

I enjoy my iphone- helps me with music and games during my long commutes for my internship

The internet is also helpful to look things up (when I dont have a cpu)

So I dont think I will destroy it, but with that being said I do need to limit my useage (especically at nights- which I primarily use it to listen to radio but then I slip with whatever it doesnt blok. Maybe I should shut my phone down at a certain hour.

I still think dropping it in the toilet is the best suggestion

I have had a couple clean days- thank God.

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Re: struggle continues

Posted by gibbor120 - 27 Jun 2012 21:24

Sure it helps, but it also causes you untold pain. No one ever said it wasn't helpful.

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Re: struggle continues

Posted by E-Tek - 28 Jun 2012 02:26

As a techie, I know I could have a tremendous amount of use out of a smartphone...

and even before I joined GYE, I made a decision that Yotzo Scharo B'Hefseido. BIG TIME.

Just my opinion. When anybody asks my advice (people know to ask me tech questions), I tell them that.

Hatzlacha!

Meir

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Re: struggle continues

Posted by Gevura Shebyesod - 28 Jun 2012 03:43

Sg,

Like I mentioned before, maybe leave your phone in another room overnight and get an MP3 player to listen to music in bed. Some of them like the Sansa Clip have FM radio too. Or you can get an old-fashioned transistor radio (Do they even still make those?)

I know listening to that stuff isn't the greatest thing to be doing but it's tons better than looking at things on the iPhone....

Hatzlacha and KOMT!!

Gevura!

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Re: struggle continues

Posted by A_new_begining - 28 Jun 2012 10:13

Hi Guys,

Iv also rBH, I have been clean for some time now especially from the more "hectic" porn, I still find myself slipping through the cracks on the odd occasion. Its so weird because I will actually

I have recently been having the issue with my phone in the bathroom. Its like the one place my YH keeps getting me. I have installed K9 on my computer at home and I have a laptop that my wife and I share so I make sure never to look at anything dodgy there which has helped me a lot. My Ipad has K9 also but there are still things that it doesnt block out. I have been thinking the best bet would be to load WebChaver onto that, I know that if someone else will be monitoring me, Ill be able to at least limit looking at the stuff. Still poses a problem of thoughts but Its a lot easier to limit what i think about when there isnt the graphics and the literature to support it.

Just my 2 cents worth on the matter. In short.... Its a long journey, so take each day as it comes, be strong and daven

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