

chat room accountability thread

Posted by chazakchazak - 26 Dec 2010 18:01

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this thread will be an accountability thing similar to the 90 day thing, with the checking in of "still clean" or "had a fall" but with chat rooms. the rules are you are not allowed to go into any chat rooms or any sites where they match you up with a random person to chat with. you are not allowed to contact any girls unless they contact you first or they are on your buddy list, and you're not allowed to buddy list any girls unless they contact you, but you're allowed to add a girl to another screen name if she is already on the buddy list of a different screen name. you can only contact a girl not on your buddy list or that didn't contact you if you have a legitimate question to ask them about something that you need to know. and you are not allowed to go to any "game" rooms like the Yahoo game rooms where people play games with each other. not allowed to go on any 1 on 1 chat things like askmoses.com, unless you have a legitimate question to ask. no going on multiplayer rpg websites like torn, unless to check email.

[Please no site names]

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Re: chat room accountability thread

Posted by im not alone - 02 Jan 2011 15:50

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Hi

chazakchazak

first of all congrats you are really doing alot of progress

how about setting your filter (hope you have one) to block chat rooms altogether

tell me what you think

your brother

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Re: chat room accountability thread  
Posted by chazakchazak - 03 Jan 2011 03:44

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Thanks a lot for the support.

[im not alone wrote on 02 Jan 2011 15:50:](#)

Hi

chazakchazak

first of all congrats you are really doing alot of progress

how about setting your filter (hope you have one) to block chat rooms altogether

tell me what you think

your brother

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Re: chat room accountability thread  
Posted by chazakchazak - 03 Jan 2011 11:34

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had a fall. clean from this point.

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Re: chat room accountability thread  
Posted by im not alone - 03 Jan 2011 18:48

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i'm really sorry to hear that

so what about closing the ability to chat

by setting your filter to block it

**get your life back**

your brother

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Re: chat room accountability thread  
Posted by chazakchazak - 04 Jan 2011 21:21

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had a fall. clean from this point.

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Re: chat room accountability thread  
Posted by chazakchazak - 04 Jan 2011 21:22

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sounds like a good idea, thanks.

[im not alone wrote on 03 Jan 2011 18:48:](#)

i'm really sorry to hear that

so what about closing the ability to chat

by setting your filter to block it

**get your life back**

your brother

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Re: chat room accountability thread  
Posted by chazakchazak - 05 Jan 2011 09:37

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had a fall. clean from this point.

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Re: chat room accountability thread  
Posted by Yesod Tzadik - 05 Jan 2011 11:50

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[Me3 wrote on 30 Dec 2010 16:41:](#)

Somebody on this forum (I forget who) has as their signature "Insanity: doing the same thing over and over again and expecting different results." A quote from Albert Einstein.

Its the signature of our dear friend "installed"

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Re: chat room accountability thread

Posted by Yesod Tzadik - 05 Jan 2011 12:02

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Hi Ch-Ch

I admire your honesty.

But there is no point of checking in without doing something to it.

You will just get immune to GYE.

Have a look in yesterdays GYE chizuck email the post from Shnook. Brilliant!

No success without progress. No progress without a program.

Please write 1 thing you will start to work on today.

I.E. no chating etc.

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Re: chat room accountability thread

Posted by im not alone - 05 Jan 2011 18:33

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come on cahzak [tomid besimcha wrote on 05 Jan 2011 12:02:](#)

Hi Ch-Ch

I admire your honesty.

.....

Please write 1 thing you will start to work on today.

come on

write that you blocked **ed** chatting (through your filter)

you know you could do it

so..... do it

keep us posted

your brother

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Re: chat room accountability thread  
Posted by chazakchazak - 14 Jan 2011 01:37

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had a fall. clean from this point.

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Re: chat room accountability thread

Posted by chazakchazak - 14 Jan 2011 01:38

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i also had a fall from the 90 day thing as well, as i did masturbate several times and thus spilled my seed in vain, rachmana litzlan. clean from this point on that as well.

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Re: chat room accountability thread

Posted by ToAdd - 14 Jan 2011 06:29

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Hi Chazak

It looks like you have identified and are strong enough to admit your problem areas, but that is only the first step in recovery.

It seems to me that you are not winning with the chat room issue

I suspect you are using the wrong strategy

You have to find an area that you can win at and tackle that first.

Have you identified any triggers?

Make a list of weak points and start by working on just one

e.g. if site x leads to other things, then get a filter and block site x

Does it normally start with one light chatroom and progress to the next? If so, make it a point to stay away from that chatroom.

If things like facebook lead to worse sites, then close your facebook account

Make the challenge small and put everything you've got into it.

You cannot win a war against a stronger opponent by trying to take him head-on. You have to start with an easy territory and then move on to the next, breaking him down one piece at a time.

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Re: chat room accountability thread  
Posted by Me3 - 14 Jan 2011 16:06

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You really have to change the title from "Accountability" to "Confessional" there's no accountability going on here whatsoever. Confession is nice but by itself it has no purpose (At least in Judaism).

So stop ignoring everybody and start doing something constructive!

PS: Just gunned down 14 people at a traffic light (They were driving too slow). Clean from this point.

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