

internet addiction-forum addiction

Posted by bardichev - 27 Jan 2011 06:31

New topic to hang out there

I am an addict

I'm addicted to the internet

At work its on my pc

In the car (dangerous)its the blackberry

And at home its the blackberry

My addiction has nothing to do with lust

It is a simple matter of being addicted to the internet

I visit maybe 5 sites

GUE

Goooooogle news

Matzav

Bardstown news

Chabad

Zeh huu

Of these 5 sites I spend wayyyy to much time

Now I am also addicted to this forum

All day and all nite

Yes it replaced my addiction to shmutts

But it is not a way to live

Any suGgestions

Please

B

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Re: internet addiction-forum addiction
Posted by the.guard - 28 Jan 2011 06:34

Quote from Paul:

One of the aspects I like about you guys is that nobody judges me for the Kippah I wear! We are here to fight the same hideous yetser. For some people its easier to get it than others but we are all exposed to it whether we live in meah shearim or somewhere else like me. Just a thought!

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Re: internet addiction-forum addiction
Posted by Rising Up - 28 Jan 2011 07:15

[ZemirosShabbos wrote on 27 Jan 2011 19:38:](#)

[RisingUp wrote on 27 Jan 2011 19:30:](#)

The experience that one gets when he can write something and watch as other people comment on what he has to say, in a public forum no less, is a feeder to the very powerful ego. It can be addictive.

i agree 100%

but there seems to be a deep-based human instinct to interact, socialize and share thoughts and feelings. if it is done with 'live' people or on an online forum the same obsession can be developed, needing to interact constantly. is the online version more of a problem?

The basis for the false reasoning that when we get married these problems (lusting) will go away lies within this conundrum. The need to interact is at its basic level, a wholly healthy action. What one with this addiction has done is taken the interactiveness out of relationships and replaced it with activeness (sans the "inter.."). By acting out and fulfilling his short term wants the addict has transferred his need to **interact** to a need to keep this "wants" of his fulfilled. Thus his "wants" have become his needs and his needs no longer include the aforementioned "**interactiveness**". In our case the "wants" are lusting, whereas the original "needs" were love between one and their spouse. Therefore the love between a spouse and an addict does not take the place of the addicts "wants" and henceforth the addict does not **magically** heal when he gets married.

The same applies in our case although it must be applied differently. When one posts his comments online other people see it and comment based upon the way they feel and the way they feel other people will react to what they say. So far not very different from an in-person conversation. What then takes place is the difference that you present. A person in a live conversation is limited to his audience and as such will tailor his opinion to the few people that he is interacting with. This is comparable to the interaction between the husband and wife who have only each other. Conversely, the addict chooses his fix exactly according to what gives him his most "fulfilling" high. This is what occurs online, where the nature of the comments one makes does not have to take into account what any one small group of people will think of him. Think about what would be the case if online interaction was limited to cross-interaction by a limit of 3 people. There would very doubtfully be any addiction to such forums. Now lets connect the beginning and end and we notice that when one posts online he fulfills his "wants" to gain a positive reaction to his comments but disregards his "needs" to tailor his comments to the crowd that he is speaking to. By tailoring his needs to those that are around him he would be creating a wholly positive relationship; but by disregarding this need he is fulfilling it with the short term "wants" that he gains by not having to tailor his comments.

Once again, this is my own educated opinion, and I encourage debate.

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Re: internet addiction-forum addiction

Posted by bardichev - 28 Jan 2011 08:20

Internet addiction

Forum addiction

First to the fellow who called me mrs.bard

Actualty we go by a more common last name

And it is the mrs bard who suffers from mr bards (that's me) internet and forum addiction

Now there are 3 issues here

#1 waste of time at work

#2 waste of family time. Davening and learning time

Now regarding the Internet connected phone

Do I need need need it? No

Do I need need need a truck? No

Do I need need need designer clothes?no

Does my phone help me at work ?yes

After work yes

I only use my phone for work and to stay connected with this forum and some living breathing flesh and blood buddies and relatives(yupp I got those too)

Now#3 forum addiction

Here goes

Because I shed my addiction to lust and internet shmuts

By using the tools available on this forum

Therefore by being connected and communicating to people here are KEY to my staying clean (sober holy pure sane derech erets call it what u choose I call it clean)

There fore I don't know of another way

Now that I said that u will ask ehheh uhh mr (or is it mrs ichh vays alayn nisht) how do u survive a 3 day tom tov

So azoi yom tov I have no internet access.

What I'm saying is is azoi

I don't enjoy being so dependent on a forum but its the best tool I've met so far

I celebrate my 2 clean years (yes a few slips and one notable fall all well documented thru my honesty and accountability). If any one has any ideas please share

If u identify with me please say so

If u have great ideas like uhh ehh get rid of ur phone

Please say those ideas too.

B

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Re: internet addiction-forum addiction
Posted by Dov - 30 Jan 2011 04:25

We love you, Reb b. That is my only suggestion, really....

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Re: internet addiction-forum addiction
Posted by Dov - 30 Jan 2011 07:34

Dear guy whose comments keep getting removed,

Since you are a schmutz-viewer and a person who has a masturbation problem, I figured that you and I could relate and maybe even get a bit cozy. You are posting comments about what *separates* us. Whether you are right or wrong about what separates us is irrelevant here. We are generally here because we share problems with habitual lusting, schmutz-viewing, and masturbation - not because we all believe in the same things.

If you want to put the truth as you see it right out there and are mekayem *lo saguru mipnei ish*, then I wonder why you are using a fake name. I use my real name because expressing myself honestly is indispensable to me. If expressing *yourself* is so important to you, too, why not quit hiding behind a username? And while you are at it, if you start using your time here to admit exactly what your mistakes in lust and sex have been, *and* what you do about it *that works*, you and everybody else here will probably benefit.

Please remember that all kind of Jews and even some non-Jews post here, so no one really cares what your opinion or my opinion is regarding their religious beliefs. That's just not why we are here. We are here to share many different solutions to the same basic problem. Not to accept one solution or belief.

If everyone posted the way you have been, it is plain that this site would not be here at all today. If you want to snub people, I hope you change your mind. If you really just want to just sit and debate religion, there are plenty other websites for that. Take your pick.

GYE members are here because we care about ourselves and about you. Isn't that good enough for you?

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Re: internet addiction-forum addiction
Posted by bardichev - 30 Jan 2011 07:43

Reebereber=DOV

I don't know why u even answered him

YH is an equal opportunity employer

I find that the forum is a great "me-achaid"

I got to know

Lubavitchers,satmerers,yeshivish, etc etc

I find that when we don't "see" the person we can actually connect our neshamos better

And guess what kulanu bnai ish echad nachnu

This guy is off the wall sorry

B

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Re: internet addiction-forum addiction

Posted by Dov - 30 Jan 2011 07:47

Hey, maybe we should change the name of the website to "B'nai Brith"!

....Oh. That one's taken?

;D ;D

(Pssst. What the chhhheck are u doing up at this hour, Rebbe?)

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Re: internet addiction-forum addiction
Posted by bardichev - 30 Jan 2011 07:51

Just finished melava malka

I still didn't say a chassidishe mayseh yet...

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Re: internet addiction-forum addiction
Posted by Dov - 30 Jan 2011 07:55

What's the matter with you?! Say the dang mayseh and go to sleep already!!

(pssst. I'm in the middle of melaveh malkah too....can you tell me the mayseh? but make it quick, It's stupid late already and I work tomorrow.)

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Re: internet addiction-forum addiction
Posted by Maccabee - 30 Jan 2011 19:39

The way I see it, one of the main ideas behind this forum is getting out of isolation. The less we isolate the more we are able to recover. In addition, the main result of addiction is egoism, ahavas yisroel and helping another jew out, breaks that problem and helps us recover even more because we aren't thinking about ourselves. But I do agree that constantly clicking the "show new replies to your posts" button probably reflects a little bit of egoism. My suggestion would be not to have internet on your phone. Or if that's not possible, at least turn your phone off when you go to sleep at night (I know how long it takes for a blackberry to start up again, but I think the results justify the means) and don't turn it on again until after shachris. And then again by mincha etc.

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Re: internet addiction forum addiction
Either way maybe you could post up the mayseh.

Posted by chazakchazak - 30 Jan 2011 19:44

[bardichev wrote on 27 Jan 2011 06:31:](#)

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[color=red][Comment deleted. 7UP[/color]

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Re: internet addiction-forum addiction
Posted by ben durdayah - 30 Jan 2011 20:02

No it hasn't.

After all, we're both still here.

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Re: internet addiction-forum addiction
Posted by Maccabee - 30 Jan 2011 20:03

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Re: internet addiction-forum addiction
Posted by ben durdayah - 30 Jan 2011 20:08

[dov wrote on 30 Jan 2011 07:47:](#)

Hey, maybe we should change the name of the website to "B'nai Brith"!

shudder Dov, you can't be serious! Don't you know that you have to write BeNai Beriss?

If you write 'B'nai Brith' than some people might get the idea that we're not frum enough for them.

That would almost be as bad as Bne Brit...

Please, we need to be open minded.

Like the rebbe reb bards said: Keeluni B'nai Ish Echudd Nuchnee. Kulonu Benay EEsh Echudd Nuchnooo, Kulannu Bnei Ish Echad Nachnu, We are all children of the same Father.

AHAVAS CHINNAM IS THE KEY!!!

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