

I want to save myself in order to help save the world
Posted by HockShmockGeshmock - 21 Jul 2011 18:42

Finally, I've joined. Made an account on the 90-Day chart and on the forum. I've been reading the handbook and the attitude guide (are they one in the same?) for some time now (still haven't finished the handbook yet). About 2 weeks ago, I joined the Chizuk email list. Anyway, that's where I'm holding in my GYE background. I have to admit, not to make fun, that the site is a bit difficult to navigate, to find which order things should be done in. So I'm SUPER glad that the new site is far underway! This program and community is a tremendous idea and accomplishment - just getting something like this started - so, much thanks to the moderators.

A little history about me - I started when I was 12, and I don't think I've had more than a month clean since then. Pretty scary thought looking back. I'm currently on a 3 day streak now thanks to the fast day and obviously Hashem (I knew it wouldn't be a good idea to fall before I was going to go without food for a day). Anyway if anyone can help me figure out the forum that would be great. I don't just mean posting that message that goes out to every newcomer, but also - what am I supposed to write in this intro forum exactly? I assume details are saved for the Wall of Honor forum, so what exactly goes on here?

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Re: I want to save myself in order to help save the world
Posted by ZemirosShabbos - 21 Jul 2011 18:50

hi and welcome,

first of all we will need a \$250 deposit until you finish the handbook and a copy of a valid photo id, as well as tax returns for the past 5 years and a picture of your pet goldfish.

welcome to the wonderful world of GYE. as you can see, part of the therapy here is *laughticus comedius*, which is wonderful in treating diseases like lust addiction and many other ailments. there are no requirements as to what you should post. a little background and details of your history (anonymous, of course) and the struggles you currently face are usually what people write.

browse around and see what others do to get the feel of what goes on.

here's wishing you hatzlacha and that you find the path to a good life

ZS

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Re: I want to save myself in order to help save the world

Posted by HockShmockGeshmock - 21 Jul 2011 19:05

Thanks ZS!

I still don't see the difference between the 2 forums, if they're both for writing struggles but anyway...

Things got crazy tough yesterday. And I don't mean in being tempted to fall. I finally found out about a filter for my blackberry, Jnet mobile, and after some deliberation, decided to cough up the money for it. However, I needed my carrier to switch my system from BIS to BES and they would only do that if the account holder would approve it. The account holder is a relative of mine. I spoke to one of the Gabbaim here and he pumped me up for the awkward conversation that was looming overhead. I spoke to my relative and he was not supportive of the idea. In fact, he got another of my relatives involved (which was expected) and they said that I was being childish if I couldn't control myself and that they were not going to approve the BIS-BES switch. I still don't know how it would hurt them to change it, but they won't do it. Anyway, I know that this is something to be proud of, since the day in the 12th grade I asked my Rebbe to help me get a filter on my computer. But because they attacked me, I got defensive. Eventually I told them about GYE and how thousands struggle, how it's a proven addiction, etc. and they slightly changed their minds. Now I don't think they look at me totally as a creep, but it's still definitely going to be awkward when I see them next. Either way, they don't want to get involved and won't

help me set up the filter. It was so awkward yesterday, I felt terrible. but B"H I didn't fall last night!

I still don't know what to do exactly. I've thought about leaving blackberry, but I really don't want to. I've thought more seriously about switching services, so that I'm not under my relatives plan and then can do as I please. Any suggestions on a good phone service that's cheap? iheard about MetroPCS, but I heard they don't have great service.

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Re: I want to save myself in order to help save the world
Posted by Gevura Shebyesod - 21 Jul 2011 19:19

Welcome on board Hock.

What I did was to lurk around and read the Handbook and Attitude guide (They are really 2 Chalokim of one Sefer), and I picked and chose those things that seemed to me to be helpful. There's no one way to do this, everyone has different things that inspire and encourage them. I also read up on the 12 steps (referenced in the handbook) and although I am not following the formal program there is a lot to take from there as well.

Browse around the forums and see how others are dealing with the various manifestations of this problem. Enjoy the deep Torah thoughts, combined with lots of good-natured bantering and humor. But be careful, soon there is going to be a new website to help people recover from

Zem you are one of the best, you really crack me up sometimes.

Gevura!

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Re: I want to save myself in order to help save the world
Posted by ninetydays - 22 Jul 2011 03:00

hi hock-

Firstly its interesting even just to see what everyone calls themselves when they come online.

Next I personally have an office where my computer screen is not visible to anyone but myself. It is easy easy for me to view porn all day and.. well just all day.

I therefore got this crazy strong filter where I cannot access a lot of what I would really need ideally for work. Some websites that I need to get info from are blocked under "reference" from k9 even though they are purely Kosher.

I reason that Hashem is who gives me parnasa and if I cannot access sites for business to protect myself and I need to ask a coworker to use their computer it will all work out.

Personally I think you should switch. If you need BB why not get your own plan and switch to BEB (is that what it was called).

When adults say that you should not be childish and you should control yourself it is foolish and filled with personal insecurities.

I was once talking to my friend about this. He took the site that it is immature to view these sites and once a kid gets out of his teenage years he really should grow up. Not to learn from him but I once heard Sean Hannity on the radio say that a man in his 40's still looking at porn is immature and should grow up.

I said to my friend. Is it ok to sit in a room in a far away town with the most beautiful prostitute in the world and not only that she wont even be able to come back to haunt you (at least not in a way that you can see). Whats wrong with that? It is immature to say that one would fall in such a situation. Such is the stupidity of those that are against filters.

Switch phones! IT will cost more to get kicked off the family plan. I am not Rav but it is money well spent.

ninety

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Re: I want to save myself in order to help save the world
Posted by HockShmockGeshmock - 22 Jul 2011 03:11

Thanks Gevurah and Ninenty for your tips and support!

Yes, I think I should leave the family plan, but I don't know what company to go to. I've pretty much always been on a family plan till now. How do I know which company has good service where I live, go to camp, go to school/Yeshiva?

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Re: I want to save myself in order to help save the world
Posted by Shteeble - 22 Jul 2011 03:43

welcome.

Are you related to Osh Kosh Gelosh?

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Re: I want to save myself in order to help save the world
Posted by HockShmockGeshmock - 22 Jul 2011 03:46

lol no

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Re: I want to save myself in order to help save the world
Posted by Gevura Shebyesod - 22 Jul 2011 16:50

And remember if you fall you say "Fell Shmell Geshmell"

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Re: I want to save myself in order to help save the world
Posted by alexeliezer - 22 Jul 2011 18:39

Welcome MrGeshmakperson!

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Re: I want to save myself in order to help save the world
Posted by HockShmockGeshmock - 24 Jul 2011 21:43

Thanks alex!

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