

Introductions and Hello

Posted by shlomoanonymous - 24 Oct 2012 17:41

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Hi Everyone,

I am a little hesitant to write on this forum. I have finally decided to give it a go. I have been struggling for a while now with internet addiction. I have tried to stop countless times and always failed. I am married with children. My wife is aware that I have a problem with watching movies and tv shows online. I can go a whole day watching films whenever I have a free moment. I am usually pretty good about not watching inappropriate movies, however every once in a while I slip up and watch one inappropriate film . I am ready to stop, I have applied the necessary filters(K9), and watchchaver, my wife has the passwords. I have just finished my first 24 hours and and I am looking forward to making real change in my life.

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Re: Introductions and Hello

Posted by shlomoanonymous - 29 Oct 2012 14:08

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Okay, I am sitting at my computer. I am thinking about masturbating. B"H, I am holding back. I am almost 7 days clean. It helps to log onto gye and type a message. My urge is still here but I am channeling it to other things. Time to get busy!

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Re: Introductions and Hello

Posted by JustKeepGoing - 29 Oct 2012 14:22

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YES IT IS! good job, (ill tell you a secret of mine... Sometimes I used to just go on to gye and then that was my excuse to be online and once i was there I would surf and then BAM there I go again... so maybe make a kabala for the next 24 hours not to use a computer or no tv and be BUSY BUSY BUSY do you have a hobby? if not there are some people here who could teach you how to hunt for possums!)

KEEP up the GOOD WORK friend!

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Re: Introductions and Hello

Posted by alexeliezer - 29 Oct 2012 16:09

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[shlomoanonymous wrote on 29 Oct 2012 14:08:](#)

I am thinking about masturbating.

Thoughts of masturbation are also sexual thoughts. You can surrender these thoughts just as well.

I agree that getting busy is an important component of your recovery.

Have a great, clean day!

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Re: Introductions and Hello

Posted by shlomoanonymous - 30 Oct 2012 14:02

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Thank you everyone,

In the end my day was extremely busy and I kept strong. I don't think I have ever quite like I have now. In the past I would make alot of compromises. I can watch tv as long as nothing bad. After a couple of days I would be back to watching the wrong things.

The last time I failed was because I told myself It's okay to touch myself as long as I don't actually release. After a couple of days...

This time I am saying I won't do it at all because it would end up leading to the same results.

Okay I am on day 8 and B"H I am keeping strong!

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Re: Introductions and Hello

Posted by Machshovo Tova - 30 Oct 2012 15:47

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That's the spirit! You finally figured it out. Just stay away from any type of lust, without looking for heterim of any sort. One sip is one too much - it's the beginning of the end.

Hatzlacha

MT

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Re: Introductions and Hello

Posted by alexeliezer - 30 Oct 2012 19:47

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Yup. Cut the Y"H off at the pass. Early detection and surrender make this whole thing much easier. Actually, they make it possible.

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Re: Introductions and Hello

Posted by shlomoanonymous - 02 Nov 2012 19:03

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Re: Introductions and Hello

Posted by Machshovo Tova - 02 Nov 2012 19:20

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Great! I 'will' have a good Shabbos, knowing that you're trucking along (in your Shabbos truck). Have a holy - and pure - Shabbos, and may it bring blessings for the future as well.

MT

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Re: Introductions and Hello

Posted by reallygettingthere - 02 Nov 2012 20:03

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10 days! Awesome!

Good Shabbos

-Eli

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Re: Introductions and Hello

Posted by shlomoanonymous - 13 Nov 2012 15:38

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Re: Introductions and Hello

Posted by jack - 13 Nov 2012 16:39

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be careful - SOMETIMES, as in not all the time, when we start thinking how great we are and how much control we have, BOOM! of course, as always, i speak only for myself.

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Re: Introductions and Hello

Posted by alexeliezer - 13 Nov 2012 20:01

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As long as we don't start thinking that we have enough control to allow ourselves to slip a little.

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Re: Introductions and Hello

Posted by Machshovo Tova - 13 Nov 2012 20:12

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Yup. We need to treat each and every day as if it is the first day of our journey. With a frishkite and a shtarkite.

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Re: Introductions and Hello

Posted by gibbor120 - 16 Nov 2012 16:45

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[shlomoanonymous wrote on 13 Nov 2012 15:38:](#)

Many said that and fell, even after many years. We MUST respect the Y"H. I don't mean to walk around afraid, that can also lead to falling. But, we must be on *a/ert* at ALL times. As the great . hatzlacha rabbah!

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