

Somewhat New

Posted by Pidaini - 24 Jan 2013 23:52

hello,

my struggle started about 7 years ago when i was boarding at a cousins house and they had a laptop which didn't have a filter. i was top bachur in yeshiva, got married and have everything i could wish for, except peace of mind! the problem is that i don't go surfing p*rn too often and therefore haven't done anything serious about it quite yet, i have been getting the emails for quite some time but since at the times the lust came it was terribly strong it didn't help much, but that is why i am here now for the great support and tips from all the veterans out there! thank you GYE!

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Re: Somewhat New

Posted by alexeliezer - 25 Jan 2013 22:38

Welcome!

It would be helpful for you to know the extent of your issue with inappropriate sexual activity. You're looking at p*rn once in a while. You admit that the draw is very strong. An addiction doesn't have to be a constant thing (although it was for me). There are "weekend alcoholics." Does the surfing lead to MZ"L? Is the surfing opportunistic (you only think about it when there's a computer nearby) or do you find yourself fighting the urge to find a computer? Do you have an unfiltered computer in your home? Are your thoughts pure, or do you find yourself fantasizing (even about your wife)? How is your shmiras eynayim?

You don't have to actually answer any of these, they're just to get you thinking.

Hope you'll stick around and find what works for you.

A guten Shabbos,

Alex

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Re: Somewhat New

Posted by Pidaini - 27 Jan 2013 00:45

I know i don't have to answer, but i'm here for help, and it did get me thinking.

some of the answers i don't know myself but the ones i do are

the surfing usually does end up in mz"l.

it's usually when i am down, my wife is a niddah, or she is tired and went to sleep early and i had other plans.

i have a copmuter and i myself have filtered internet, but being in an apartment building i have no problem hooking on to other networks.

my computer has a filter but i know how to get by it, and even though it is a pain in the blank, when i am desperate it is not an issue.

the fantasizing has the same klalim as the surfing

as for shemiras einayim, it's not great, but i don't gaze much at the frum women here in the frum neighborhood.

i started the 90 days chart and it held me back just last week!

thank you for your help!

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Re: Somewhat New

Posted by alexeliezer - 27 Jan 2013 20:49

Your honesty is appreciated.

Now you know a little more about the scope of what your issues are.

It's not just p*rn, although this is maybe the thing that is most obviously "wrong" and therefore troubling to you.

Those of us who are addicted are addicted to sexual excitement in all it's forms: gazing at

dressed women, fantasizing, even checking out our own wives just for a quick thrill. That tingly feeling is our drug. P*rn and mz"l are just a binge that resets the clock, gives us a brief reprieve, then the cycle just repeats itself.

The way out starts with getting sober. That means no drug. No looking at women. No fantasizing. No checking out the wife (unless for immediate tachlis). No mental images or fantasies while with the wife. An ironclad commitment to these basics will go a long way toward getting well again.

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Re: Somewhat New

Posted by Pidaini - 29 Dec 2014 11:17

hello,

my struggle started about ~~7~~ **10** years ago when i was boarding at a cousins house and they had a laptop which didn't have a filter. i was top bachur in yeshiva, got married and have everything i could wish for, except ~~peace of mind~~ a feeling of life that I did once feel! the problem is that i don't ~~go surfing p*rn too often~~ have the excitement that I did the first time I came and therefore ~~haven't done anything serious about it quite yet~~ I haven't been pushing myself, i ~~have been~~ am still getting the emails for quite some time but since ~~at the times the lust came it was terribly strong~~ I don't read them it doesn't help much, but that is why i am **back** here now for the great support and tips from all the ~~veterans~~ fellow strugglers out there! thank you GYE!

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Re: Somewhat New

Posted by Gevura Shebyesod - 29 Dec 2014 19:06

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Re: Somewhat New

Posted by cordnoy - 29 Dec 2014 19:33

I ditto and echo the welcome.

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Re: Somewhat New

Posted by gibbor120 - 29 Dec 2014 20:04

WELCOME BACK! WE MISSED YOU!

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Re: Somewhat New

Posted by ddmm11219 - 29 Dec 2014 20:05

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Re: Somewhat New

Posted by skeptical - 29 Dec 2014 20:16

Welcome back!

Forget the All-Or-Nothing approach. Forget your misleading feelings. Don't think so much.

Just focus on the making the right decision, right now.

Hatzlacha!

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Re: Somewhat New

Posted by dms1234 - 29 Dec 2014 21:25

skeptical

Don't think so much.

Yes Yankel, DONT THINK TOO MUCH!!!!!!

hi! So nu? What's going on? How's recovery going?

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Re: Somewhat New

Posted by reallygettingthere - 29 Dec 2014 21:57

hey bro

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Re: Somewhat New

Posted by unanumun - 29 Dec 2014 22:00

Welcome to the forums.

anyways) (I don't know the link but you probably know them by heart

Does this mean the truck is officially out of the mechanic's shop?

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Re: Somewhat New

Posted by cordnoy - 29 Dec 2014 22:14

[unanumun wrote:](#)

Welcome to the forums.

(I don't know the link but you probably know them by heart
anyways)

Does this mean the truck is officially out of the mechanic's shop?

I cannot speak for the MAN, but my assessment is that it might still be in the shop, bit its front is
Maybe check out skep's tips!
facing the exit now.

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Re: Somewhat New

Posted by Pidaini - 30 Dec 2014 00:36

Oh, it's good to see everyone again!!

Wow, skep, you've put on some weight!! And DMS, are those white hairs that I'm seeing?!

Gevur....vu...vu.rah?! You're yellowniss has sorely been missed!! (on gmail you have different
)

Oh cordnoy, You've changed your signature and personal message....AGAIN!!!

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