

Re Introduce

Posted by helpfyi - 14 Feb 2013 23:16

Hi, i'm not sure who here remembers me or if you even want to... i have been non active for a long time, doesnt mean i'm kosher... i have just been busy and put it to the side. I am doing so bad now that i had to get back on.

In short- I struggle with looking at every women who comes my way, have to check her out from heard to toe. I also struggle with looking a bad pics and videos online, i have filters but when i get the chance to look im there. I can get my wife to change the setting claiming i need it for work and then do my thing and have her change it back when i re group. I need chizzuch to start making it a top piroity to work on this before i do who knows what...

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Re: Re Introduce

Posted by Gevura Shebyesod - 15 Feb 2013 01:26

Welcome back!

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Re: Re Introduce

Posted by mr. emunah - 15 Feb 2013 01:59

welcome back!

I don't know if it would help that you black list the bad sites (even if you need more flexible access) try googling how to block sites (i bleive there is some code you can put into the Host file and those sites will be unavailable.

Keep on smiling

the yetzer knows we're in the bottom of the 9th and he's just trying to psyche us out.

WE SHALL OVERCOME

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Re: Re Introduce

Posted by ZemirosShabbos - 15 Feb 2013 02:04

hi helpfyi, i remember ya!

(you're the fellow with the brand new Lincoln with a nice set of subwoofers... wait)

we all just gotta keep on trucking no matter what no matter when

no matter if you type or write with a pen

do the next right thing with gusto

and you will make progress presto

sorry for getting a little carried away, i just meant to say: Welcome back

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Re: Re Introduce

Posted by alexeliezer - 15 Feb 2013 19:59

You can re-start your sobriety, and re-ignite your motivation by committing to one clean day.

It will feel so good, you'll want to do it again tomorrow.

But I just said the "t" word. Forget it. Just stay clean today.

Welcome back! You're back! I miss the avatar of the guy reaching down with a helping hand.

Alex

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Re: Re Introduce

Posted by helpfyi - 18 Feb 2013 22:45

wow thanks for the encouragement all of you , i'm suprised you guys remember me, and alex i had a good laugh at that that you remember my avatar! i have to start anew, one day at a time, had a ok weekend, didnt feel in control, looked twice at bad stuff... WILL get better!

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Re: Re Introduce

Posted by gibbor120 - 18 Feb 2013 23:29

WELCOME BACK!

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Re: Re Introduce

Posted by helpfyi - 20 Feb 2013 00:37

[gibbor120 wrote:](#)

WELCOME BACK!

Thanks!

Doing ok today, yesterday was clean, but didnt have any real tests.... will try today but tempted to look and explore.....

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Re: Re Introduce

Posted by alexeliezer - 20 Feb 2013 00:44

[helpfyi wrote:](#)

....tempted to look and explore.....

Me too. Not gonna. As an addict, avoiding slipping is the only little bit of control I have. The less I slip, the easier this whole thing is.

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Re: Re Introduce

Posted by mr. emunah - 20 Feb 2013 00:49

gott a gem me one o' them "no slip tallits"

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Re: Re Introduce

Posted by reallygettingthere - 20 Feb 2013 00:54

[alexeliezer wrote:](#)

[helpfyi wrote:](#)

....tempted to look and explore.....

Me too. Not gonna. As an addict, avoiding slipping is the only little bit of control I have. The less I slip, the easier this whole thing is.

Amen!

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Re: Re Introduce
Posted by Gevura Shebyesod - 20 Feb 2013 00:59

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Re: Re Introduce
Posted by Gevura Shebyesod - 20 Feb 2013 01:48

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Re: Re Introduce
Posted by alexeliezer - 20 Feb 2013 19:31

Very cute Gevurah!

Here's some vintage art:

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Re: Re Introduce
Posted by helpfyi - 22 Feb 2013 00:38

[alexeliezer wrote:](#)

Very cute Gevurah!

Here's some vintage art:

LOL i would put that up but i have no idea where to get it from, i lost it when the site changed....
i'll have to find it...

BTW- still struggling... trying to have a meanfull fast....

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