

Shalom Aleichem

Posted by ezrimhashem - 18 Aug 2013 08:14

Hi everyone,

). My difficulties started when I was younger. When I became more serious about Torah, I was largely successful in defeating the Y"H. However, after I went to Yeshiva in Israel and developed some serious anxiety and stress issues, when I returned things were much more difficult. Now, I am returning to a Makom Torah and my laptop has a filter and monitoring software, so things are generally not an issue, B"H. However, in the interim, I think I did develop an addiction of sorts, and need a lot of Chizuk when I am in a different environment, and there are unprotected computers around. This will be the case this week, when I will be on vacation, so I am really hoping and praying I can avoid falling when I am there.

Nice to meet you all!

I'm new here (obviously

P.S. I am not sure how often I will be on the forum, but still please reply!

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Re: Shalom Aleichem

Posted by inastruggle - 18 Aug 2013 08:37

Welcome to gye,

If all you need is chizzuk then you're in the right place.If what you need is more than that then this is either the right place or a good place to start.

So what's your plan for this week? Also what worked for you so far?

Hatzlacha! KUTGW (keep up the good work)

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Re: Shalom Aleichem

Posted by Pidaini - 18 Aug 2013 09:40

Very good place to start, for whatever reason you came.

Seems like you're coming with a good observation, that anxiety and stress are leading factors that push us to get our fix.

The trick is to learn how to deal with those in a healthy way.

Whatever you end up doing, we're with you!!

Hatzlacha

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Re: Shalom Aleichem

Posted by cordnoy - 20 Aug 2013 15:56

[ezrimhashem wrote:](#)

and there are unprotected computers around. This will be the case this week, when I will be on vacation, so I am really hoping and praying I can avoid falling when I am there.

Welcome, but you know (or will know) my feelings about "hope." "Hoping" that you will avoid falling does not sound like a concrete plan.

Let us know your situation and keep on posting.

b'hatzlachah

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Re: Shalom Aleichem

Posted by AlexEliezer - 20 Aug 2013 18:15

As a short term plan, consider staying COMPLETELY away from computers on your vacation.

As a longer term plan, think about working on the issues that keep your addiction going. Take a look through the 12-steps to get an idea of what some of those things might be.

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Re: Shalom Aleichem

Posted by ezrimhashem - 20 Aug 2013 21:39

Thank you very much to everyone for your replies! I did fall, so you were right that I needed a more concrete plan. I have realized this, and developed a plan. I changed my bedroom (I'm staying at my grandmother's home) to one without a computer in it, and told my sister the reason I switched rooms. I started the Tafsik method, and just applied for a sponsor. I will continue to read and apply the resources on GYE. Thank you all for your wise advice and encouragement!

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Re: Shalom Aleichem

Posted by ZemirosShabbos - 20 Aug 2013 22:11

kol hakavod!

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Re: Shalom Aleichem

Posted by AlexEliezer - 21 Aug 2013 21:58

[ezrimhashem wrote:](#)

I started the Tafsik method

Remember that Tafsik should be about gedarim, not the actual act.

For example, you wouldn't say, "If I look at porn."

Rather, you would say, "If I go into a room alone with a computer."

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Re: Shalom Aleichem

Posted by toraschaim - 21 Aug 2013 23:36

It's good that you're planning ahead and avoiding the challenging situations. A change of environment can present lots of difficult challenges, and it's important to anticipate the difficulties.

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