

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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