

post by lavi (love you all)

Posted by lavi - 24 Jun 2014 00:52

hello everyone out there. and in here.

i have been put under friendly pressure to write more about my struggle. i hereby cave in (me? are you kidding)

before i write my story, a want to thank all the people who viewed my post on "time for debate" and those who have taken time to chat with me. i thank all those of whom i had a geshmake time, and also those who criticize me or my views, (criticism is healthy. keep it up.) that's ok, i can take it. i have thick skin. maybe too thick, that is for you to decide. either way i love you all.

my addiction began with a combination of factors. i had to sell my house. my new business, which had every reason to work, (according to my wife- hey i have to blame someone-) went down the drain. i had to commute every day to work. and i have this computer totally free from a friend, with internet- which i got for business reasons. business was gone. internet wasn't. i'm not so stupid (i know what you're thinking about this) so i do a little surfing. a had a good filter so i didn't get into trouble right away, but something clicked in my mind internet= entertainment.

quite amazing all the info at your fingers. my favorite then was aish- great site.

then the next step someone showed me how to get wifi from different public places.

very cool free net. and my wife isn't peering over my shoulder to see what i'm doing.(they are good at that BH) and then i got a device that could pick up wifi from a mile away. but essentially still a good boy. next step. movies. i haven't watched for years, except now and then (on the plane, grandma's etc.) i discovered that without spending a dime, you can download and/or watch a nice movie. how relaxing. now i know that there are all types reading this, so i don't know if you personally can relate, but movies are gripping, and send the adrenaline rush to the head, (ok If it is a good one.) of course i have responsibilities, but i made thursday night movie night, and all friday kvetch day to my wife about my hard! week (beloney). so i settled for shorter clips. i found that my attention was drawn to what a lot of men pay attention to. women. i found that there was a pull of entertainment in a exciting way, that made the adrenalin rush more than movies. you can call it lust taavah, but the reason it is a little different was that i wasn't looking to masturbate only to get a fix of adrenalin. i guess everyone is a little different. for about a year of this go on, i had time when tried to cut back or stop for whole weeks- but it always came back with a vengeance. it is like a backward hora- one step forward and two back. somehow gye came up. (Hashem sent it), i've been off all entertainment sites for 2 weeks now and i have a picture block- so when i get the news- and don't get the junk. being on gye has saved me. already i see a lot of siatta dishmaya. just one catch, i like to preach to others. my weakness. thanks again for putting up with me.

your friend lavi

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Re: post by lavi (love you all)

Posted by shomer bro - 29 Jan 2015 23:43

Your posts always meant a lot to me, and i will truly miss hearing from you on this special forum. You're taking a huge step, and i stand in awe of your incredible gevurah. May you continue to go m'chayil el chayil!

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Re: post by lavi (love you all)

Posted by ineedchizuk - 30 Jan 2015 01:16

Lavi,

Thank you for being a role model on working on being more and more ????? ????.

I hope you find alternatives for how to unwind. Like Gibbor says, 'get out of isolation'.

Hatzlacha!

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Re: post by lavi (love you all)

Posted by lavi - 21 Sep 2015 06:26

Hello fellow gye'ers

I would like to say hi to all the chevra and wish everybody a gamar chasima tova. And, by the way that is what everyone should have anyway [chasima tova = good filtering!]. I still feel connected very much to gye, and I would like to thank everyone for all the input, that has been made available for the tzibbur.

I feel maybe it is proper to share a little, but I'm kinda busy, maybe later.

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Re: post by lavi (love you all)

Posted by cordnoy - 21 Sep 2015 10:28

To you as well.

Thanks for stoppin' in.

We look forward to the share.

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Re: post by lavi (love you all)

Posted by unanumun - 21 Sep 2015 21:54

good to see you around (big talker i am)

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Re: post by lavi (love you all)

Posted by lavi - 05 Nov 2015 05:25

hi chevra,

i want to share an observation i had about myself. recently, i was mekabul on myself not to watch movies [my main problem] for a week. after a few days i felt strangely rejuvenated and refreshed, as if given a boost of life, and my struggle seemed so much easier to deal with. i asked myself "why?" what happened?"

why is it that when i am caught up in a attack for a movie, it feels like a grip stronger than anything else, almost like i'm forcing myself, with zero resistant power, [kinda like feels being caught my a giant anaconda!]. and when this happens, i think, ain't no way i'm gonna shake this stuff...but....when i do feel i'm going on a clean run, it suddenly loses most of the allure.

my answer to myself is that if i remain connected to Hashem, and if i am zocheh to siatta dishmaya, it can be done. but if i cause Hashem to [so to speak] hide his Face, i am done for.

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Re: post by lavi (love you all)

Posted by newaction - 08 Jan 2016 10:32

Spirituality is not something that you do , it is something that it's done to you.

Keep up the good work.

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