

My situation after a fall

Posted by guardyoureyesds - 22 Aug 2014 20:51

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Hi Everyone,

I fall, (a lot). I've cleaned up many areas of where my eyes wonder except for two places: TV and a family computer. Personally, I think my biggest concern is my TV. I watch WAYYYYYYYYYY to much TV. It's hard to stop, though, when it's right in front of you. After a recent fall, I got an email saying I've had successive falls and I need to look into doing something I haven't done yet (I may be an addict). Pretty much the only thing I haven't done (on my own) is the Tafsic fence thing; I'm afraid to do that, though. B'N, I'm considering that, but with Television instead. If I fail, I'm afraid to make that big plunge. I come home exhausted, and when I'm around family, what's the harm? Just like the internet, the problem occurs when I'm alone watching TV.

Regarding media outlets, anything that belongs to me, I have either filtered or accountability software. I'm single and live with family, but when I move out/ get married, I want to make sure everything in my home is kosher. Where do I go from here? I'm not the type of person to make drastic changes, and I don't consider myself an addict, yet. I usually come to GYE after a fall, so I guess viewing this website when I'm clean would be a good start... Thanks y'all for your time,

-guardyoureyesds

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Re: My situation after a fall

Posted by cordnoy - 22 Aug 2014 21:24

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Welcome again,

Have you read the handbook?

Have you read Skep's tips?

Have you read the White book?

Have you opened up to someone real?

Have you made commitments regardin' TV and computer?

Have you kept them?

Do you have other issues besides lust?

Lookin' forward to hearin' more from you.

b'hatzlachah

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Re: My situation after a fall

Posted by gibbor120 - 22 Aug 2014 21:36

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WELCOME!

You open by saying that you fall a lot. Towards the end you say that you don't consider yourself an addict. What do you mean by "I fall a lot"? What do you consider an addict? How do you reconcile your 2 statements?

TV is full of triggers. I would recommend giving it up or at least severely limiting it.

You obviously want to change, but you don't want to make "drastic changes". What do you consider to be a "drastic change"?

You seem to want to change on your own terms. We've all been there. We'd all rather not change too much. We try all sorts of "half measures", but none of them work in the end. We start to recover when realize we can't do it on our own.

Why do you want to stop? How is it affecting your life? What is recovery worth to you?

Hatzlacha!

Have a good Shabbos!

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Re: My situation after a fall

Posted by SIB101854 - 22 Aug 2014 23:42

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I agree . TV is loaded with triggers-and not just the premium cable stations. The reviews of new shows, movies, etc indicate that the definitions of MA-14, etc are always pushing the envelope of acceptability in terms of pritzus, arayos and language. The movie ratings are also a joke-anything other than a PG is highly problematic with respect to language, sex and grautitous language. There is very little that you can or should watch other than the news ( FOX of course!), sports without commercials if possible and stations like the History channel or movies such as on TCM.

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Re: My situation after a fall

Posted by gibbor120 - 22 Aug 2014 23:47

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Re: My situation after a fall

Posted by cordnoy - 22 Aug 2014 23:55

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I have one rule: If it has grautitous language, I don't watch it; otherwise, it's ok.

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Re: My situation after a fall  
Posted by lavi - 24 Aug 2014 01:30

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i think that the less we watch, the better off we are.

is this too radical?

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Re: My situation after a fall  
Posted by guardyoureyesds - 16 Sep 2014 11:14

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Hi guys, sorry i didn't post back. So, i did read a lot of the manuel. Some of it i really liked, but i am not a fan of hurting yourself when you fall. That may work for some, but that did not agree with me. Anyways, even though i didn't post, i've been really trying hard to avoid television. I was really good and avoided tivah for about a month. It got to the point where it hurt sometimes, the struggle. I think my main motivation was i wanna be clean for my future wife Be'H. I feel really bad, though, because i had a fall after one month. I had a nasty "itch" and the next thing ya know... it stinks. I'm not sure what the trigger was, but most likely, it was lack of sleep, stress, and a friend bringing up the past (accidentally) that i try to forget. The end result, though, was tv and "acting out." It stinks.

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Re: My situation after a fall  
Posted by dd - 16 Sep 2014 14:50

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Hi there GYEDS,

It doesn't really stink if you kept yourself in control for a month.

All you got to do is learn how to work the tools. And again it ain't magic either. It might take some time. But keep on posting and hanging out with the guys here. You'll learn a great deal of stuff that can really help you out.

Looking forward to seeing you around.

KOMT!!!!

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Re: My situation after a fall

Posted by dms1234 - 16 Sep 2014 16:52

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Let's take a.....DEEP BREATH!

Ok!!!! We are calm? Great! You did incredible! That's really good a whole month! I made a taptic which really helped me to not make tv. It was essentially. For 2

weeks if I watch more than 5 seconds of tv I had to give 10 dollars to tzedekah. I found I didn't really want to watch tv, it's just that's what I went to. But then went I sent the taptic, I didn't have so much urge to watch tv. Something to think about. You can message me and we can talk more about it in detail.

Also we must internalize (which takes time) te fact that we don't need to lust. We don't need to live and we are able to choose, even in the heat of a list attack, to say no.

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