

please help and advice,chizuk needed

Posted by dontevergivein@gmail.com - 16 Apr 2015 23:05

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Hey everyone,

I keep on falling. I'm loosing hope. I go good for 3 days and then fall again...

I have put filters on all my devices but somehow always am able to get around them...

what I can say is that it has helped me from actual porn viewing, but I can still come across not proper material, and the tayveh kicks in...kicks in hard.

I keep on having a feeling of guilt. no one to speak too...

I am currently working on a job that keeps me in isolation. it is terrible..

I hope that posting on the forum will help give me support. I would love to hear back from people, and advice...

I plan to start the 90 day chart tomorrow, g-d willing,(something which I have tried in the past, but never succeeded in)and hopefully now with letting myself out on the forum, I will have a greater push to succeed.

I am loosing hope from ever overcoming this addiction.

I am also entering the shiduch age process, and I am scared like anything even to consider anything until I have this under control.

thanks everyone, and look forward to hearing from you all.

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Re: please help and advice,chizuk needed

Posted by cordnoy - 20 Apr 2015 19:16

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Welcome

Qustodio has a nice filter.

Skep does a fine job monitorin'.

Haven't noticed anythin' you do to help with recovery.

What have you been tryin'?

Please tell.

b'hatzlachah

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Re: please help and advice,chizuk needed

Posted by dontevergivein@gmail.com - 20 Apr 2015 19:37

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thank you. I will check out those filters.

regarding recovery: I receive and read the chizuk emails. I have tried the taphsic method, to which I have failed repetitively. I started the 90 day challenge a couple of times, to which again I have failed.

maybe I just need to try harder, stay more committed to these tools...

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Re: please help and advice,chizuk needed

Posted by dontevergivein@gmail.com - 20 Apr 2015 19:41

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I cant seem to find "skep"...

where can I access it?

thank you

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Re: please help and advice,chizuk needed

Posted by Bigmoish - 20 Apr 2015 19:45

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"Skeptical" is a highly regarded user on this site. His profile can be viewed here.

[guardyoureyes.com/forum/profile/userid-2856](http://guardyoureyes.com/forum/profile/userid-2856)

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Re: please help and advice,chizuk needed

Posted by dontevergivein@gmail.com - 21 Apr 2015 16:01

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baruch hashem was clean for 1 full day!

looking forward to fighting and not giving in today.

its amazing how clean and clear you feel after not looking or acting out for a period of time.(this is just one day...imagine a longer period of time.) the sensual feeling that comes by acting out is just not real, its not true. staying clean is a true clarity of mind.

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Re: please help and advice,chizuk needed

Posted by gibbor120 - 21 Apr 2015 16:14

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[dontevergivein@gmail.com](mailto:dontevergivein@gmail.com) wrote:

thank you. I will check out those filters.

regarding recovery: I receive and read the chizuk emails. I have tried the taphsic method, to which I have failed repetitively. I started the 90 day challenge a couple of times, to which again I have failed.

maybe I just need to try harder, stay more committed to these tools...

or maybe try more powerful tools. What tools are you tempted to use, but afraid to try? Have you considered joining a phone conference?

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Re: please help and advice,chizuk needed

Posted by dontevergivein@gmail.com - 22 Apr 2015 00:38

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have never tried the phone conference..

something to maybe try, I guess.

today is day 2 of the 90 day chart. b"h hanging in there. the urge is had as hell but I feel like the 1st time that I am actually fighting strong. hopefully I will be able to keep it up.

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Re: please help and advice,chizuk needed

Posted by dontevergivein@gmail.com - 22 Apr 2015 16:55

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day 3 here I come.

iyh will keep up the fight as I did in the past 2 days.

didn't hear from people in a long time..

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Re: please help and advice,chizuk needed

Posted by Shmeichel - 22 Apr 2015 17:13

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keep the fight

but you need to broaden your arsenal

you need to disarm your enemy

you need to avoid facing the enemy at any price

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Re: please help and advice,chizuk needed

Posted by serenity - 23 Apr 2015 03:06

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Did you try the phone conferences?

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Re: please help and advice,chizuk needed

Posted by dontevergivein@gmail.com - 23 Apr 2015 04:39

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I did listen in to one, to see exactly what it was...

it brought up some interesting and valuable points.

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Re: please help and advice,chizuk needed

Posted by dontevergivein@gmail.com - 23 Apr 2015 17:56

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entering day 4 clean b"H...looking forward to stay that way today.

its interesting...I don't like viewing porn in particular. I think its disgusting what I see there. of course I have stumbled on it in the past, but I hate it, and don't have a particular interest in it...

the main urge is just to look at a pretty woman and act out accordingly.

any insight on that?

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Re: please help and advice,chizuk needed

Posted by yiraishamaim - 23 Apr 2015 18:33

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I don't see a difference.

The idea is the same - pics, video, phone s\_\_\_\_\_, Skype etc.

I know I have tried to fool myself in the past with this issue, trying to find discrepancies between different forms. Like "If I only look at pics of actual beauty perhaps then I am a sort of high class looker" ridiculous of course on so many levels.

We dine according to taste,alcohol, drugs etc.

But acting out with lust is all the same no matter what exactly is doing it for you.

Thoughts anyone?

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Re: please help and advice,chizuk needed  
Posted by shlomo613 - 23 Apr 2015 22:43

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Agree

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