my struggle
Posted by mottyg - 07 Jul 2016 15:42

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i struggle mainly with internet or dvds.


I can go for a while doing nothing and then eventually i will watch something i shouldnt.


it is always the same, my lifes stress builds up, i need to chill out / relax i control myself but eventually it gets too much.


It does NOT get easier with time.

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Re: my struggle
Posted by Markz - 07 Jul 2016 15:57

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Welcome


gye offers various tips, I hope you find what you need


COME ON TRUCKING!!

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Re: my struggle
Posted by gibbor120 - 07 Jul 2016 16:06

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Welcome!  Stress is a common trigger.  Learning to deal with stress in healthy ways can help a lot.  Learning to use healthy coping methods, learning to live with bitachon etc..  Stick around. Keep posting.

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Re: my struggle
Posted by doingtshuva - 07 Jul 2016 21:57

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[gibbor120 wrote on 07 Jul 2016 16:06](#)**:**

Welcome!  Stress is a common trigger.  Learning to deal with stress in healthy ways can help a lot.  Learning to use healthy coping methods, learning to live with bitachon etc..  Stick around. Keep posting.

Learn - that's the word I needed to hear.

ya we got to learn, and we can.

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Re: my struggle
Posted by ehrliche.bochur - 07 Jul 2016 22:24

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[mottyg wrote on 07 Jul 2016 15:42](#)**:**

i struggle mainly with internet or dvds.

If you struggly mainly by internet. Do you have filters for your internet?

If you own mamesh not clean DVDS maybe you can remove them from your home?

bhatzlocho!!

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Re: my struggle
Posted by doingtshuva - 08 Jul 2016 07:58

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I was struggling badly with the @ while I was having good filters.

Almost on every PC I would mock around the filter, so for me filters didn't help.

The change has to come from in me, therefor I'm learning how to use the @ in order to stay sober. I have set up fences like guardyoureyes.com/tools/taphsic-method, and gave up on most news sites and I'm also very strict with YouTube.

I know that I cant just surf freely without drowning.

So my PC has a filter, but I myself also has to be a filter and constantly restrain myself from what might trigger me.

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