

Addict liprokim (for specific days)  
Posted by Michael94 - 21 Jun 2017 09:06

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Hi, I'm single and bh I'm a happy person but there is one thing that is hindering my happiness and that is that once in a month or once in two months or even three months their comes in me (my head, my feelings,) that I need to watch.... And that takes a toll on me or I overcome it (rarely but I have done it) and if not I find myself in a nasty hole....

can anyone give me a good description were am I holding in this nisayon and what's there for me to do?

ps I started having this nisayon 3 years ago, which means i was older than 20.

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Re: Addict liprokim (for specific days)  
Posted by GrowStrong - 21 Jun 2017 09:37

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Hey there!

Have you had a chance to read through this ?

[guardyoureyes.com/the-gye-program/initial-evaluation](http://guardyoureyes.com/the-gye-program/initial-evaluation)

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Re: Addict liprokim (for specific days)  
Posted by Michael94 - 21 Jun 2017 09:47

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And bh there's a filter on my phone BUT when the urges arise I'll get that person to open up my browser and there's no way off me not getting it open, now when I open it i first start with watching YouTube videos and slowly but sorely i end up... And so in continues for a day or two and then i say stop and I mean STOP so i usually stop for a period of between one month to 2 and then another fall:(((( now this is clearly not life and I need to stop period although taking the approach of odaat but here's the catch for the first 37 days I don't need it and when I overcome that few days I don't have the nisoyan for the next 37 days but when time catches up with (it's  
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**Warning: Spoiler!**

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Re: Addict liprokim (for specific days)  
Posted by Michael94 - 21 Jun 2017 09:50

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Yes I have scanned through it,that's exactly my problem I don't know where on that chart I'm holding

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Re: Addict liprokim (for specific days)  
Posted by Hashem Help Me - 21 Jun 2017 11:15

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How about having TAG or someone who wont open your browser for you set up the filter on your phone.

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Re: Addict liprokim (for specific days)  
Posted by Michael94 - 21 Jun 2017 11:36

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Excuse for my ignorance what is TAG?

i have a filter and i can only go on specific sites, but when I want it open I convince the guy that has the password to put in the code and i allow all website until the next day when i tell him to put back in the code

what I could(which is s bit scary)do is to ask my friend to put in the code and not to write down the code that that way he'll forget the code and I'm doomed;

the down side is that, i only put up a safeguard and when the urge will rise again I'm scared, I'll get hold of another device or computer; so I guess the only real solution is to fellow the steps laid out by guardureyes (obviously in addition to the filter).

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Re: Addict liprokim (for specific days)  
Posted by cordnoy - 21 Jun 2017 12:47

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[www.taghelpline.org](http://www.taghelpline.org)

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Re: Addict liprokim (for specific days)  
Posted by bear - 21 Jun 2017 18:19

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[Michael94 wrote on 21 Jun 2017 11:36:](#)

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Whats up Michael94!

I think it would be a good move to get accountability/reporting software, that way even if you convince your friend to unblock the internet, you will still have the accountability/reporting software running and he will see everything that you do when your online. So even if he unblocks the computer you wont be able to get away with it.

Truth is in addition to accountability software, would also strongly recommend finding a way to make sure that the internet can not get unblocked. I love the idea Hashem Help Me wrote above.

Hatzlacha!

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Re: Addict liprokim (for specific days)  
Posted by dms1234 - 21 Jun 2017 18:26

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Hi, I'm single and bh I'm a happy person but there is one thing that is hindering my happiness and that is that once in a month or once in two months or even three months their comes in me (my head, my feelings,) that I need to watch.... And that takes a toll on me or I overcome it (rarely but I have done it) and if not I find myself in a nasty hole....

can anyone give me a good description were am I holding in this nisayon and what's there for me to do?

ps I started having this nisayon 3 years ago, which means i was older than 20.

I'm sorry, but what is exactly your problem? Now, for me honesty is the key here if I really want to get better. You don't have to share with me, or anyone on this forum, perhaps with no one (although i highly recommend it as it reduces the shame of what we have done). Did you look at porn, masturbate? Both? For me, I need to honest, ruthlessly honest as to what i am doing/did and what am thinking?

For example, yesterday i saw women in a bathing suit a few times and I called someone up and shared it to them. I told him "there is this really attractive here, i saw her a couple times and I really want to keep looking at her. I feel the lust. It feels like i just induced opium. I want more." I try to be very honest with myself and what I am feeling. Lying is what got me in this mess in the first place.

Its just a suggestion but it works. If you want to share more you can message me.

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Re: Addict liprokim (for specific days)  
Posted by bear - 21 Jun 2017 18:28

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Also as you pointed out a good filter is not the end all be all answer, because life is complex and there are other places where you can be challenged( example friends laptop or tv in a hotel, etc. ). Therefore if you have not done so yet, would highly recommend going through the GYE

handbook and the Fortify Program. [fortifyprogram.org/](http://fortifyprogram.org/)

Hatzlacha

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Re: Addict liprokim (for specific days)

Posted by Michael94 - 21 Jun 2017 19:26

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[dms1234 wrote on 21 Jun 2017 18:26:](#)

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Hi dms123!

I thank you for being here for me.

its %100 true what u wrote that for me it's shameful to write down exactly what's the problem and sharing it but it has to get done, b/c it's kinda funny if I don't, for to do the action the shame doesn't prevent me (the shame is routed in the fact that I can't be loyal, in control to myself to my religion and yes i say religion) so why when it comes to writing it down would the shame prevent me? So the conclusion is that's the ??? ?????. now let's be clear that the shame isn't the fact that I'm sharing it with others, simply b/c they don't know my identity, on the other hand there is element of ?????, as u put it I need to be honest with myself and others here and I'll take ur advice seriously and now for others to deal with someone else's issue it involves a great amount of bitul.

Now as for ur question of what's the nature of my actions, I view p.. (I still can't get myself to write the full word although when I check it up i can write it) and that follows mas.. , now I wouldn't mas... Without viewing p.. So it's a package deal

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Re: Addict liprokim (for specific days)  
Posted by cordnoy - 21 Jun 2017 21:38

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[Michael94 wrote on 21 Jun 2017 19:26:](#)

[dms1234 wrote on 21 Jun 2017 18:26:](#)

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There are those who might say that you shouldn't expect to recover until you can actually write, "I view porn and I masturbate while watchin'."

JustJust sayin'.....

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Re: Addict liprokim (for specific days)  
Posted by Michael94 - 21 Jun 2017 22:47

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I view porn and masterbate while watching

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Re: Addict liprokim (for specific days)  
Posted by cordnoy - 21 Jun 2017 22:52

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[Michael94 wrote on 21 Jun 2017 22:47:](#)

I view porn and masterbate while watching

A+ for effort

A+ for honesty and humility

C- for spellin'

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Re: Addict liprokim (for specific days)  
Posted by Markz - 21 Jun 2017 22:53

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Re: Addict liprokim (for specific days)

If gye website is split and 1 is allocated for your friendly type it will probably be cheaper to maintain as it will only be open on the 3rd Monday of every month

Then for the truly anonymous among us, there will be a truly anonymous website which will not be announced anywhere

More to come iyH

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