

Hello

Posted by gettingbetter64 - 13 Mar 2018 16:54

Hi everyone,

I have been struggling for a while now with masturbation. A couple of months ago I broke a 5 month clean streak and have been struggling to put together a streak of more than a couple of days. I just managed a 2 week streak and lost that recently too. I mainly struggle with looking at pictures that aren't blocked by most internet filters but I still need the internet for work so can't block it completely.

Any advice?

=====

Re: Hello

Posted by ieeyc - 13 Mar 2018 17:12

welcome and hatzlacha , im sure the chevra here will have good practical ideas for you, just wishing you well and hope to Hashem that you find here what you came looking for,nice to meet you

=====

Re: Hello

Posted by Singularity - 14 Mar 2018 09:18

Welcome!

I have a friend who has pretty much your story (5 month streak a while ago, now can't stop acting out) I have a suspicion he could be you, who knows?

Nevertheless, keep on truckin'

Advice? Use internet where other people can see you. Work in a coffee shop or something.
Don't stay late at work.

=====
=====

Re: Hello
Posted by i-man - 15 Mar 2018 03:07

welcome !

i dont know what you have tried so far but definately research the differant options out here -
theres a wealth of info and reources on GYE .

hatzlacha!

=====
=====

Re: Hello
Posted by Hashem Help Me - 15 Mar 2018 11:33

Welcome. It should be with hatzlocha. I was a masturbator par excellence - a few times a day.
This place helped me break free. It will iyh help you too. Regarding the computer, its important
to realize that inconveniencing yourself is worth it. Do you REALLY need the level of access you
have at work or maybe you could tighten it up some more? Just asking - I know some guys
have no choice, but many think they have to have what they have but after studying the matzav
well realize they can set things up with less nisayon. Hatzlocha.

=====
=====

Re: Hello
Posted by Bekodech - 15 Mar 2018 13:59

Welcome !

You can try pluckeye with K9 Web Protection. You have the porn-filter wiith K9 and pluckeye can help you to not seeing pictures. You just have to configure it. In fact, you establish a white list of "kosher websites" in which you can see pictures. In others sites, pictures (and videos of course) are blocked. Go on pluckeye official web page for more information to use it.

=====
=====

Re: Hello

Posted by gibbor120 - 19 Mar 2018 15:43

Welcome! I had streaks, but could never really stop. Sometimes, I had long ones of a few months, but then I would act out and binge, just as you are describing. Coming here is a great step. Check out the handbook. Keep posting.

What are your triggers. Anger, lonliness, boredom? Solving those problems will go a long way to solving the acting out problem. Most people try to stop acting out, but don't realize that the real problem begins way before acting out.

As they say, the real problem is a living problem. Acting out is a "solution" to that problem. What is your living problem?

=====
=====