

Hello

Posted by kvetch - 17 Sep 2018 23:02

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Hi everyone,

I made my account a while ago, (and have been getting the emails and WhatsApp messages for a while) but never really took it seriously.

Today is a day to celebrate because I finally went and started my 90 day chart. As soon as I submitted the form I felt a sense of elation, thinking this is going to work.

Unfortunately I'm so wired in to this filth that the rest of the day has me feeling sort of depressed.

I've had monitoring tools and filters for the longest time, but I'm always looking for ways around them. The tricks I've come up with... But I'm only fooling myself.

One MAJOR WIN for me today was when I updated my iPhone to the latest version of iOS.(I've been using the but in whitelist filtering.) For some reason the whitelist became inactive, and I was able to access whatever I wanted. In the past this would have meant a trip to the bathroom... after which-- feeling guilty I would fix it. But I held back and went straight to my friend with the passcode to fix it up.

?Thank you GYE, and thank you Hashem.

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Re: Hello

Posted by Markz - 17 Sep 2018 23:53

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Hello Mr K!

KOT and don't KOK

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Re: Hello

Posted by kvetch - 18 Sep 2018 00:00

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Huh?

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Re: Hello

Posted by kvetch - 18 Sep 2018 00:12

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[Markz wrote on 17 Sep 2018 23:53:](#)

Hello Mr K!

KOT and don't KOK

What does that mean?

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Re: Hello

Posted by Markz - 18 Sep 2018 00:30

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[kvetch wrote on 18 Sep 2018 00:12:](#)

[Markz wrote on 17 Sep 2018 23:53:](#)

Hello Mr K!

KOT and don't KOK

What does that mean?

Keep On Truckin!!!

For all ROT

see [guardyoureyes.com/forum/23-Just-Having-Fun/84252-GYE-GLOSSARY-OF-TERMS](http://guardyoureyes.com/forum/23-Just-Having-Fun/84252-GYE-GLOSSARY-OF-TERMS)

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Re: Hello

Posted by kvetch - 18 Sep 2018 00:53

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I still can't find the definition for 'KOK' \\_(?)\_/\_

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Re: Hello

Posted by Markz - 18 Sep 2018 02:15

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[kvetch wrote on 18 Sep 2018 00:53:](#)

I still can't find the definition for 'KOK' \\_(?)\_/\_

So alls good. That means you stopped "K"vetching...

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Re: Hello

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Posted by i-man - 18 Sep 2018 03:16

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It's good to have a kvetch around - That way all the Nonkvetchers have so.ething to kvetch about...

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Re: Hello

Posted by kvetch - 18 Sep 2018 03:22

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All this todo about a screenname I don't remember making.

I think I was trying to be funny and anonymous at the same time.

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Re: Hello

Posted by Markz - 18 Sep 2018 04:28

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[kvetch wrote on 18 Sep 2018 03:22:](#)

All this todo about a screenname I don't remember making.

I think I was trying to be funny and anonymous at the same time.

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So you're logging on with someone else's credentials... thats cool!

Just kidding

Great job on your MAJOR win today - I had the same struggle often too

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Re: Hello

Posted by kvetch - 20 Sep 2018 14:45

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BH I made it this far. It definitely helped having Yom Kippur and all, but at this point I'm still counting baby steps.

Today is my last full day of work until after Yom Tov. If I make it through the day, I have a pretty

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Re: Hello

Posted by kvetch - 20 Sep 2018 15:33

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This is not as easy as I thought.

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Re: Hello

Posted by gyehelp2017 - 20 Sep 2018 15:54

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your right, it takes work, and for some of us LOTS and LOTS of HARD work, but it really is worth it.

Don't forget that all we have is today, yesterday is gone, tomorrow is not here yet, all we got to focus on is TODAY!!!! So lets take one day at a time; and try to do our best.

feel free to contact me at [gyehelp2017@gmail.com](mailto:gyehelp2017@gmail.com)

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Re: Hello

Posted by mzl - 20 Sep 2018 18:28

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[kvetch wrote on 20 Sep 2018 15:33:](#)

This is not as easy as I thought.

It takes some skill. Make sure you do your homework, so you don't get discouraged.

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Re: Hello

Posted by kvetch - 20 Sep 2018 22:05

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I made it through the day BH.

But I keep feeling like I'm missing something.

How long till it gets better?

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