

Not-so-Koshereyes

Posted by Koshereyes - 20 Mar 2022 23:22

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Hey, I think I introduced myself in this forum about a year ago but I can't find it anywhere, so I'm deciding to introduce myself again. On this forum I wanna discuss my current struggles and my history.

Here is goes.

I'm Koshereyes, an 18 year old living in the US, so, like most 18 year olds in the US, I watch porn and masterbate. BH right now I am in yeshiva and have a blocked phone (mostly, but we'll talk about that later), so my main struggle right now is when I go home.

My parents are baalei teshuva and I consider myself a normal orthodox kid with a slightly less orthodox family. My parents are kinda clueless when it comes to shmiras einayim (this is due to my father probably being on the autism spectrum along with him growing up in a non-frum home, and my mother also being a bit "off", as well as her being a woman and not understating men's teiva issues). They did filter our devices a while back but never told us why. However they didn't block them well and the blocks were easy to get around.

I never got "the talk". My mom (no, not my dad) gave me a book to read about "*the changes that are happening with my body*" but it didn't really explain much and it left me more curious than satisfied with their explanation. So, like any kid in the 21st century with access to an unlocked device, I found all my information on puberty on the internet. That led to porn, which led to masterbating.

That's a brief history of how I got into porn and masterbating. IYH I will write the full story later.

Here are my current struggles: Like I mentioned before, my phone is currently blocked, but I got access to Google.com and can now search whatever I want on Images. I know how to get this fixed (I just need to tell the Rebbe who blocked the phone how to fix it).

My main struggle is when I get home from yeshiva. There is an unblocked phone in the house that I can pretty much access all the time, so I use that for porn and masterbating almost every day, sometimes even twice a day. Luckily I have worked hard on myself and no longer feel a terrible depression after masterbating. That's a big step forward from where I was a few years ago. Right now I need to figure out a way to fix the problem at home, but, for the most part, I am doing good right now in shmiras einayim.

There is also another app on my phone, which I need, that can access some inappropriate stuff on there but I don't go on it often.

Okay, thats it for now. I'm tired and it's late. IYH I'll post another time. I hope you enjoyed.

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Re: Not-so-Koshereyes

Posted by Koshereyes - 31 May 2022 19:32

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So two days ago was a big day for me. Although I don't full appreciate how big it was, I know that I made a big step towards recovery. Yes, that's right, I finally called someone and spoke to a real person about my struggles. It wasn't as scary or as hard as I thought it'd be. Talking to a real person and holding a conversation about these inyanim was very easy and not as sensitive and weird as I thought it'd be.

Anyhow, during that conversation, \*\*\*\*\* told me that posting on the forum frequently and having a daily accountability partner are crucial to his success. So that's what I'm going to try to do.

Right now my main struggle is that I have a blocked smartphone, but I know one way to completely erase that filter. I have done it once in the past, but then had my filter put back on. Every day is a challenge for me not to erase the filter, but BH I've been holding up for the last few days.

I haven't watched p or m in over a month, which is a huge step for me. But rn the urge is so strong. I need chizuk to stay where I'm at.

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Re: Not-so-Koshereyes

Posted by Hashem Help Me - 02 Jun 2022 11:06

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Can you make someone else or TAG the administrator of your device, so you won't be able to erase the filter?

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Re: Not-so-Koshereyes

Posted by jackthejew - 02 Jun 2022 13:12

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[Koshereyes wrote on 31 May 2022 19:32:](#)

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So true. The fear of so many of the steps I've taken has proven to be much worse then what actually happens

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Re: Not-so-Koshereyes

Posted by Koshereyes - 07 Jun 2022 14:51

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[Hashem Help Me wrote on 02 Jun 2022 11:06:](#)

Can you make someone else or TAG the administrator of your device, so you won't be able to erase the filter?

Im in yeshiva now and they have their own phone program. I'm working with a rebbi on it

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Re: Not-so-Koshereyes

Posted by Koshereyes - 07 Jun 2022 14:55

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I'm about to face a major challenge where I have access to an unfiltered device for about an hour. I'm going to try and resist for the first 5 mins, and then every 5 mins after that.

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Re: Not-so-Koshereyes

Posted by Zedj - 07 Jun 2022 15:08

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Hatzlocha! Don't forget to update us how you've done.

I find resistance to be the last resort for myself...usually the less confrontation, the better.

I suggest to try your best and stay busy.

Take a walk, read a book or catch up with a family member or friend.

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Re: Not-so-Koshereyes

Posted by Koshereyes - 08 Jun 2022 19:28

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Okay, so I failed the challenge yesterday, but BH I'm not letting it get me down.

This weekend will be a big challenge for me (which I really don't see a way how I can not fail), since I'm going home for an off Shabbos. Wish me luck!

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Re: Not-so-Koshereyes

Posted by yechielmichel - 08 Jun 2022 19:39

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[Koshereyes wrote on 08 Jun 2022 19:28:](#)

Okay, so I failed the challenge yesterday, but BH I'm not letting it get me down.

This weekend will be a big challenge for me (which I really don't see a way how I can not fail), since I'm going home for an off Shabbos. Wish me luck!

If I understood correctly, you knew you were going to have access to an unfiltered device for an hour, you posted about it here, and then, as you say "failed the challenge"?

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Re: Not-so-Koshereyes

Posted by Yissie - 09 Jun 2022 18:58

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It is not something about luck. I wish you hatzlacha in having the strength to overcome any yetzer hara that comes your way.

I second what zedj said about resistance as a last resort. I would also say that you should make gedarim, more than regular gedarim, to stay away. Maybe have an incentive after you get back to yeshiva when you come out clean. Do not rely on luck, this is based on you and your strength, and if you insist that you want to come out clean, Hashem will help you.

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