

Unbelievably Addicted

Posted by likeaguy - 30 May 2022 23:52

Hi all,

BH" I've been going clean for 22 days. Before this streak, I have had long streaks that I didn't keep track of but this is the first I am counting the days so I will know when I reach 90 days.

My addiction is out of control. I'm a Baal Teshuva and have been watching shmutz since 11 years old. In college and in highschool I would watch it constantly, everyday to be frank. On stressful days I could watch shmutz for 2 hours straight and going on dating sites and embarrassing myself just for a photo. It was so bad and I've been wasting so much of my life because of it. Unfortunately everyone around me did it too and were proud of it, so I never bothered thinking it was so bad.

Over time as I became more aware I realized it was a huge addiction. Before I was religious I tried stopping but I couldn't go more than a week. BH" since becoming frum a few years ago, I decided to stop this addiction by avoiding all internet for a few months. It worked, but it wasn't sustainable since I need my phone and laptop for work. Eventually I started watching again.

Then I decided to take on filters, and although it has been protecting me I have been finding workarounds. Unfortunately this has lead me to fall a few times.

However I'm confident that I'm not going to fall anymore. I have a goal to reach 90 days, and I plan to become a mentor. Since teaching is something I feel will help me in my own journey I have set my mind to reaching that goal of 90 days.

I do have a problem though and that's boredom and being tired. Since I have many memories of past things I did with other people and on the internet I self soothe my boredom and tiredness with these memories. It's really hard to get rid of these thoughts and I don't understand how people just think Torah instead. If people can help me grasp this concept of thinking Torah in times of boredom and tiredness I'd like to know.

Thanks, please pray for me so that I never look at shmutz again.

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Re: Unbelievably Addicted
Posted by 01 - 01 Jun 2022 08:07

You can disable all profile photos on LinkedIn

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Re: Unbelievably Addicted
Posted by likeaguy - 01 Jun 2022 22:09

Hey does it mean I fell if I watched some videos? It was really hard for me to stop myself today.

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Re: Unbelievably Addicted
Posted by bisyata dishmaya - 01 Jun 2022 22:52

That depends on what you were doing the count for if it was for masturbation and you didn't so fine. If it was not to watch videos then it is.

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