

Question

Posted by Geshmak! - 27 Oct 2022 18:05

Don't know we're to post this so I'm putting it here

does anybody know a way to block hotlines on a phone?

like I bh don't have access to any dirt my computer has netfree filter and my phone is parental control with genteck so bh safe...

but still have one major issue it's the chat lines there's no way to block it and I was all the way in... and it was destroying my life. But when I almost did the worst with someone I said I better stop before it's too late... so I went on to gye and bh didn't speak to anybody on the lines from 100 days before rosh hashonah(see different post I wrote abt it) but I still had problems with stopping to be mzl but bh I recently got to my 90th day BH! But I'm starting to get urges to start calling again I miss it I love it etc. for me the best thing is to just be locked out of it not having access is what works best for me. I tried many times different things to block that I can't call these numbers and it just didn't work...

maybe someone on this beautiful site knows a way to block it. Please let me know it will really help me .

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Re: Question

Posted by Vehkam - 28 Oct 2022 03:35

[Geshmak! wrote on 28 Oct 2022 01:27:](#)

[Markz wrote on 28 Oct 2022 01:21:](#)

Giving up on nedarim before it even started??

Keep the plug on moving forward with taphsic (if it works for you) or choose another gye tool. Phone calls are one of the more powerful ones :-)

How do I get someone good to call that can give me chizuk before I fall?

The main time to strengthen yourself is not when you feel like you be are falling, it is before that happens .

(Of course it is also helpful to have someone to call when you do feel that you are falling.)

Without access to a private messages it may be difficult to set that up though

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Re: Question

Posted by Geshmak! - 28 Oct 2022 03:38

Without access to a private messages it may be difficult to set that up though

So open it for me:wink:

All I want is a partner I can call or a mentor... how do I get that?

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Re: Question

Posted by Vehkam - 28 Oct 2022 03:40

[Geshmak! wrote on 28 Oct 2022 01:01:](#)

[chizuk613613 wrote on 27 Oct 2022 20:19:](#)

You have someone to report to for accountability?

You're never hundred percent safe in the world we live...

Maskim!! I thought to myself after getting the best filters now I'm safe good to go... but than I found out abt these crazy chat lines and I saw that you can't get away from the y.h. You gotta just fight him off...

I wish I had someone for accountability... how do I get a mentor or someone that I can call if I feel I'm falling?

You can email me anytime. Vehkam7@gmail.com

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Re: Question

Posted by imfree - 28 Oct 2022 04:37

I know I feel for you it really isn't easy but it works I highly recommend you renew it before it is up, and Hashem will see how serious you are and will help you get through it. My kabbalah was and is still in effect today that I will not masturbate, or search up anything inappropriate or any bad phone calls with out first calling a Rebbe and telling him what I am about to do so the shame just stopped me from doing it.

Wishing you lots of success

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Re: Question

Posted by Human being - 28 Oct 2022 05:50

Hi geshmack!. I had(have?) the same problem as you, calling sex lines. bh i haven't called in like 150 days. I find it to be the biggest and hardest challenge in the porn world because its so accessible, but also one of the easier ones to get un-addicted to because since we use our phone so often, if we stop calling sex lines enough times, then our brains get rewired faster, because if we use our phones 24/7 for the right thing our brains stop associating it with porn

faster.

Btw feel free to email me to #share and care.

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Re: Question

Posted by AlexEliezer - 28 Oct 2022 18:20

I sent you a PM with my phone number, but you have posted that your PM may be locked.

You can email me and I will give you my number.

alexeliezer613@gmail.com

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Re: Question

Posted by Geshmak! - 30 Oct 2022 17:37

I bh I got to talk to Hhm on Friday we had nice conversation and a big point he brought out was that a big mess up to real intimacy is that your wife is not really enjoying it and is not really intimating with you she is just doing you a favor and letting you use her body but that's not good for either of us cause we're missing the point of intimacy... but I argued saying that she never complained abt it and we have a good relationship etc. so he told me totell her that I know you do stuff for me that you don't like and you don't enjoy doing but you do it anyway to make me happy and you like to please me... from now on - no more we never ever are gonna do stuff that you don't enjoy doing that's not what I really enjoy I enjoy when are both comfortable and in real intimacy... it was hard for me but I did it! And I was shocked at the way my wife reacted she was so happy she was smiling from ear to ear and was like that sounds amazing... and I explained to her what Hhm told me abt intimacy with having to end with sec and she was so maskim (it was scary to see how she thought abt it) so I said we are now gonna just relax on the couch and we are not gonna have sex after and she was thrilled!! And we just chilled with no end in mind and it was amazing but than when we got to the bed room she actually wanted and we bh I can say it was the first time I ever had real intimacy with real enjoyment in sex with her.. thank H! Thank you gye! And thank you Hhm! H' should help me and all of us further and further!!

ps someone told that my post are to triggering..., please please please send to moderator and hope then can fix it and still bring out the message I'm trying to say with out the triggers(I tried

to leave out the triggers but if you feel like I didn't leave out enough fix it for me! Thx!)

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Re: Question

Posted by Geshmak! - 06 Nov 2022 05:12

How does it work? How do you get updated on your profile to different ranks? Like what's does it depend on?

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Re: Question

Posted by Geshmak! - 16 Nov 2022 05:44

Someone told me...if someone is addicted to sex there is no way he can get out of it by himself he must go to sa... is that true like can't be that I used to be addicted and now I'm not?!? I really respect that person that told it to me but I'm just so not maskim... I used to be addicted like I couldn't control myself and now bh I think I do have some what control so what does that mean I was never really addicted or does it mean that I really still am addicted or maybe I was an sex addicted and I recovered by myself with out going to sa.... Can't be?!?!?

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Re: Question

Posted by Shmuel - 16 Nov 2022 11:37

[Geshmak! wrote on 16 Nov 2022 05:44:](#)

Someone told me...if someone is addicted to sex there is no way he can get out of it by himself he must go to sa... is that true like can't be that I used to be addicted and now I'm not?!? I really respect that person that told it to me but I'm just so not maskim... I used to be addicted like I couldn't control myself and now bh I think I do have some what control so what does that mean I was never really addicted or does it mean that I really still am addicted or maybe I was an sex addicted and I recovered by myself with out going to sa.... Can't be?!?!?

If you are referring to the clinical use of the word addiction then he is correct it cannot be cured

and will never go away. It can however be managed with tools such as a 12 step program and therapy.

Think of it like diabetes

Not all bad habits are actually an addiction...

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Re: Question

Posted by Geshmak! - 16 Nov 2022 14:41

Interesting...

how can a person know if it an addiction or Just a bad habit?

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Re: Question

Posted by yechielmichel - 16 Nov 2022 17:44

[Geshmak! wrote on 16 Nov 2022 14:41:](#)

Interesting...

how can a person know if it an addiction or Just a bad habit?

This should be posted somewhere as frequently asked question.

The first time I was scared that I have a problem to the point I called someone, I called Rabbi Shais Taub (he wrote a book on the 12 step program), and he asked me if I feel that I can make a strong decision not to do it again. I said yes, so he said, so do that...

A few years later, I spoke to Dov from this forum.

He described an addiction as an allergy. Some people just have it for life, and they have to avoid their allergens.... I didn't feel I fell into that category.

It doesn't mean that I didn't have falls in between lasting months, or that 12 steps can't provide help...

Either way, reaching out to someone in real life has been invaluable.

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Re: Question

Posted by DavidT - 16 Nov 2022 17:59

[Geshmak! wrote on 16 Nov 2022 14:41:](#)

Interesting...

how can a person know if it an addiction or Just a bad habit?

Consider these questions to get an idea if it is an addiction or Just a bad habit:

- 1- Is your behavior having a negative impact—directly or indirectly—on your life?
- 2- Do you repeatedly put yourself in risky situations?
- 3- When you stop acting out for any length of time, do you experience withdrawal symptoms like anxiety or stress?
- 4- Have you taken steps to hide your behavior or have you repeatedly, but unsuccessfully, tried to stop on your own?

If you answered yes to these questions, you likely suffer from addiction.

A habit is a learned and ingrained association between a stimulus (or incentive) and a response (or behavioral reaction) manifested consciously or subconsciously to achieve a goal. Addiction is a more complex disease.

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Re: Question

Posted by cordnoy - 16 Nov 2022 19:29

[DavidT wrote on 16 Nov 2022 17:59:](#)

[Geshmak! wrote on 16 Nov 2022 14:41:](#)

Interesting...

how can a person know if it an addiction or Just a bad habit?

Consider these questions to get an idea if it is an addiction or Just a bad habit:

- 1- Is your behavior having a negative impact—directly or indirectly—on your life?
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- 3- When you stop acting out for any length of time, do you experience withdrawal symptoms like anxiety or stress?
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I'm sorry, I disagree with your assessment. Answerin' yes to #2 may be somewhat of an

indicator (but not by itself), but one who is in a rut of habitually doin' bad stuff may respond yes to #1,3 & 4 as well. The books have lists of 20 questions. (In the past, I have replies yes to about 16/17 of 'em.)

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