

Newbie with an old problem

Posted by fightingthefight - 11 May 2023 16:17

I am new here and it was recommended that I start a new thread. I am not much of a talker (or in this case writer) but my problem is P and M... Has been for decades. I am happily married, wife has no idea of the problem and I just have to break free from all kinds of internet smut. P and M is only part of it. It is YouTube, Instagram, Tik Tok.... If I could rid myself of my smartphone, I think about 75% of my problems would disappear. I have tried many times to get rid of it, but my lifestyle and job almost require it. I know that it can be done, I just have not found a way...

I am pretty tech savvy and find it hard to install a filter that I could not get around easily. The answer is a Kosher Flip phone... I would love to hear from people struggling or succeeding in fighting this addiction. Any advice would be greatly appreciated.

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Re: Newbie with an old problem

Posted by richtig - 15 Jun 2023 18:06

That's a gevald!

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Re: Newbie with an old problem

Posted by fightingthefight - 16 Jun 2023 10:41

The struggle is real, and it is with me daily. One good day, one bad day, one day I feel great, and nothing is a problem, and then the next, there is smut around every corner. I have not gotten into a rhythm yet. Each day is its own battle. I have heard for years about Alcoholics taking their sobriety "One day at a time." This is so very true in this battle.

I am noting where I have challenges and try to steer clear; I know some of my weaknesses and try to minimize them. The YH is a crafty creature. He sees me making a little progress and steps up his attacks. He knows I am on the right path and is determined to stop me. I am heading back to Israel in a few weeks, and the YH knows that I come back from every trip so inspired that I am an absolute BEAST, and he can't touch me. This time I want to go into the trip on a

roll; I want to hit the ground running with a good streak already going, but I need to calm down and just get through today and worry about tomorrow, tomorrow ...Thank all of you for the support, it means more than I can put into words

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Re: Newbie with an old problem

Posted by ccb45 - 16 Jun 2023 12:00

I like the way you understand the issue. Hatzlacha!

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Re: Newbie with an old problem

Posted by fightingthefight - 22 Jun 2023 00:41

Hello Guys,

I think that it is time for me to move on from GYE. I have learned so much over the past few months and met some wonderful people. I have learned that I am not alone in this problem and can fix it and live a healthy and meaningful life. I have in no way "beat this," and the struggle is daily (sometimes hourly)... The reason for stepping away is that I find some of the forum posts extremely triggering. It is making my already delicate mind go crazy! I am not suggesting that anyone is posting something wrong. They are talking about their personal situation, and then my mind kicks into gear and sends me to places it shouldn't go.

If I continue to struggle, I will return; I have filtered my phone and computer and set myself to have a good shot at beating this. I know that I could just stay away from the forums, but I think just staying away at this time is the right decision.

Best of luck to all of you, and THANK YOU from the bottom of my heart for all your help and well wishes!!

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Re: Newbie with an old problem
Posted by redfaced - 22 Jun 2023 01:14

You should have much Hatzlocha on your journey .

Come say Hi every once in a while

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Re: Newbie with an old problem
Posted by chaimoigen - 22 Jun 2023 01:14

Many Guardian Malachim have been created by your *Machshavos Tovos* in your efforts here
[see the Maharsha on Maakos 10b].

You've inspired other, and been inspired.

Lech Bikochacha Zeh - Hashem Imcha Gibor Hachayil!

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Re: Newbie with an old problem
Posted by Grant400 - 22 Jun 2023 01:47

Hatzlacha!

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Re: Newbie with an old problem
Posted by Hashem Help Me - 22 Jun 2023 11:19

Hatzlocha buddy!

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Re: Newbie with an old problem

Posted by excellence - 22 Jun 2023 16:33

Hatzlocho. I fully relate to ur point. But maybe get a partner/mentor instead to touch base with daily.

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Re: Newbie with an old problem

Posted by true_self - 22 Jun 2023 17:21

Much Hatzlacha!

And if you find yourself struggling, remember that we are always here for you.

Stat in touch with your great friend.

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