

seeking help again i guess

Posted by truthaintflashy - 21 Oct 2023 17:35

bs"d

Shalom to all

I was on this website years ago when I was still struggling with P&M in a bigger way...b"h I haven't had a conscious fall in quite a while [~4-5 years, lost track] by the standard of the wall back then. But I still have some addictive patterns. I play games online, I compulsively read social media [without naming the site] that puts inappropriate content in close reach even if I haven't reached for it. Plus often enough without seeking it I see things I shouldn't be seeing. What doesn't help is that I live right now in a context where the computer I use isn't mine to get rid of, put filters on, etc. Really I should find a way to move out of this place (based on what I've heard that living with such a device is yehareg v'al yaavor). Meanwhile I've tried several times to stop doing the things I feel guilty about doing and haven't managed to stop, so here I am again. With P&M I had to fall and get back up quite a few times, so it's not like I'm surprised.

Anyhow the Flight to Freedom thing is new so I'm going through that. The simple advice at the beginning, that it makes sense to be angry when something's compelling me into places I don't want to go, strikes a chord.

Wishing joy and great success to everyone in their journey.

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Re: seeking help again i guess

Posted by truthaintflashy - 07 Dec 2023 15:56

It's funny ColinColin, a few weeks ago my therapist sat me down and had me do basically that and plan my week. It worked quite well! The problem is just the planning itself, something I never quite mastered when my personality was developing.

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Re: seeking help again i guess

Posted by truthaintflashy - 13 Dec 2023 14:41

So I think an update is in order...

I don't have a filter. (!) The computer is "communal" and I was embarrassed to ask for permission to get one. We have a visitor-prospective-housemate who somehow opened pritzut (he said it was a mistake and I believe him for the moment, though nobody else here ever made a similar mistake) so I decided to ask permission for a filter. ("I wanted one before but never found a compelling reason to actually ask")

...yeah, I know not having a filter is bad and that what he saw is on my head for not asking...so

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Re: seeking help again i guess

Posted by notezy - 13 Dec 2023 15:20

thinking practically here if it's not your device and you can't ask them for whatever reason to filter the device can you at least ask them to put a password on it so you don't have access?

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Re: seeking help again i guess

Posted by truthaintflashy - 13 Dec 2023 17:07

hm. That makes sense, yes, but after talking it seems like they're open to adding a filter bs"d better do teshuva, if I can handle it
Reimayn Haru

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Re: seeking help again i guess

Posted by notezy - 13 Dec 2023 18:33

Great

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Re: seeking help again i guess

Posted by truthaintflashy - 20 Dec 2023 19:35

No news on the filter but I'll keep pushing because one mistake is too many. The other housemates also seem receptive.

I checked the news once for a silly reason...In retrospect I could've just asked someone else who's "in the know" but didn't.

Scheduled hitbodedut hasn't happened much but b''h G-d has kept me busy, which is good. I'll get back to it, hopefully before Mashiach (but he shouldn't wait for me!!)

Wishing everyone success

Not a lot to say, but it's been a week again

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Re: seeking help again i guess

Posted by truthaintflashy - 25 Dec 2023 20:07

sigh

Filter news...one of the people who share the computer is fiercely opposed to getting a filter, and questions my motives because "it's not something you struggle with, you're imposing on the rest of us, it'll block [things said person isn't willing to give up], people need to be their own

filters/'guards', 'a filter won't help someone who's determined'"

Not sure what to say or do...I mentioned that we can probably whitelist stuff he wants access to and he didn't like that.

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Re: seeking help again i guess
Posted by ainshumyeiush - 25 Dec 2023 20:15

Ouch, ill keep you in mind when i Daven. Can you set it up that everyone has their own (password protected) profile on the computer? Then somehow filter yours while everyone else can decide for themselves

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Re: seeking help again i guess
Posted by lionking - 26 Dec 2023 02:35

Techloq supports separate filter profiles for each windows user. (Additional fees may apply). You can make his user to be as unrestricted as possible. (Barring actual porn, etc...)

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Re: seeking help again i guess
Posted by truthaintflashy - 01 Jan 2024 19:00

I'm worried having a private profile would make me feel like I have privacy. Will talk it over more with people.

Opened what seemed like it would be an innocent news article today explaining the "October

86th" meme which was mentioned on a blog I read...yeah, I read two sentences and the two sentences were lashon hara. Bs"d time to stop fooling myself.

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Re: seeking help again i guess

Posted by truthaintflashy - 14 Jan 2024 18:34

Tov, counting what's happened as a fall, as my screen time jumped to hours a day without limit again. (I at least kept to a bedtime...)

It started with a book of sudoku puzzles...and I decided I wanted *more* and *more interesting* puzzles...and had no trouble finding them online.

...maybe it's time to get back into gemara...

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Re: seeking help again i guess

Posted by true_self - 15 Jan 2024 09:08

[truthaintflashy wrote on 14 Jan 2024 18:34:](#)

Tov, counting what's happened as a fall, as my screen time jumped to hours a day without limit again. (I at least kept to a bedtime...)

It started with a book of sudoku puzzles...and I decided I wanted *more* and *more interesting* puzzles...and had no trouble finding them online.

...maybe it's time to get back into gemara...

Gemara is always a good idea, take it easy, maybe start with 15-20 minutes twice a day etc.

whatever works for you.

Hatzlacha!

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Re: seeking help again i guess

Posted by truthaintflashy - 15 Apr 2024 18:34

So at long last, after hearing a shiur about the dangers of internet in person, I got the filter...I went with Techloq after the recommendation. And guess what...I'm having technical problems setting up the second (more lenient) user...we'll see what happens.

Tochen of shiur: (1) nice old lady gets smartphone, a few months later is caught swiping around on Shabbat

(2) image of a terrorist in a cabinet, with the following instruction: "Don't do anything to the family here unless they OPEN the cabinet"...is that acceptable to you? Get him out of your house!

All the best

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Re: seeking help again i guess

Posted by horizon - 15 Apr 2024 22:05

Good job buddy

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