

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 - 18 Jun 2024 18:27

OK, to be fair he gave it a month or two's *nisuy*, but he's back saying he doesn't want to have to deal with a filter...gonna try to check the details of GenTech to make sure it'll work...for some reason I'm balking at the price, even though it's basically the same as Techloq, just for longer periods.

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Re: seeking help again i guess

Posted by truthaintflashy - 18 Jun 2024 18:52

I got a different answer this time from GenTech support; they basically say it will be the same situation as now with TechLoq in terms of the things that bother him.

He says he'll probably just buy a personal device...I didn't suggest it to him because in my mind it's not a good idea...

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Re: seeking help again i guess

Posted by chosemyshem - 19 Jun 2024 13:39

[truthaintflashy wrote on 18 Jun 2024 18:52:](#)

He says he'll probably just buy a personal device...I didn't suggest it to him because in my mind it's not a good idea...

It's probably not. But your life comes first. Kol hakovod to him for giving the filter a shot at least.

What about monitoring software (covenant eyes/truple) on the computer instead of a traditional filter? If you have someone who could be a good monitor (plenty of amazing volunteers on here) then it'll help for your purposes, but should be much less in his way.

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Re: seeking help again i guess

Posted by proudyungerman - 18 Jul 2024 16:45

How's it going, buddy?

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Re: seeking help again i guess

Posted by truthaintflashy - 19 Jul 2024 12:39

b"h finding things to do other than sit and stare at the screen...impulsively trying to access sites not worth my time has reduced. I'm reading BotG bit by bit, along with a book on Sefaria, as well as finding time for my (artscroll) gemara.

Inertia seems to have won the battle for the other guy...he didn't get a personal device. He seems to fill a lot of his time now watching videos on chabad.org.

Must go; have a good shabbos all

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Re: seeking help again i guess

Posted by truthaintflashy - 02 Aug 2024 14:49

It's been a good couple weeks life-wise; I made some significant headway in something I'd been afraid of and putting off. In terms of kedusha for some reason I'm having a lot of vulgar thoughts. Mostly just words, less images, b"h as that's not always the case...when there's images I try not to blink and to find something in the surroundings to notice xD (this works in the house, not so much in the city.) the words I just ignore.

It took a few months, but I'm realizing the Techloq filter is a life-saver for me, though I'm missing the words right now to explain its impact.

Despite it being a good couple weeks, this week has been a major energetic "low"...I come

home from work exhausted, and the times that I sit at the computer I mindlessly check and re-check the four content-rich websites I still allow to myself. But compared to "lows" three or four months ago I'm much happier with accomplishments, how I use my time, and that I don't end up staying up late.

I have an idea why the "low" came and it may well continue and get tougher, whether in terms of kedusha or other terms..can't really say more without exposing my identity. If relevant I'll post here.

Have a Shabbat Shalom!

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Re: seeking help again i guess

Posted by truthaintflashy - 15 Aug 2024 17:20

bs"d

Just saying hi. Alone in the house, which happens only rarely, giving too much thought to food. Somehow I don't have a weight problem though. Ate a bunch of grapes earlier. Tahini paste with a tiny bit of water and a tiny bit of honey. Sauteed an onion and scrambled eggs with it. Gonna have a cup of tea. You get the picture...at least I stopped buying chocolate bars a while ago, especially with the whole heavy-metal-in-cacao scare.

Maybe I'm exaggerating for effect, but boy, I think about food a lot when nobody's distracting me.

Kol tuv

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Re: seeking help again i guess

Posted by truthaintflashy - 29 Aug 2024 15:56

bs"d

b"h good stuff in the works

Someone posted a while ago that some mentor/rav said to someone who was struggling with *machshavot zarot* ("strange/foreign thoughts") that "the thoughts aren't strange/foreign, *you are*"....

Anyhow I wanted to put a positive spin on it, since it's hard for me to stomach that a talmid chacham would call a jew's essence bad...So here's the vort --

This world, is a place full of animality and nonsense. Jews come from a higher, purer place. Inappropriate thoughts aren't foreign here -- they're exactly what's natural and expected down here. We are the foreigners, wanting to connect to G-d against it all...

Have at..

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Re: seeking help again i guess

Posted by truthaintflashy - 09 Sep 2024 15:32

In TBOTG in several places shmuzes from theshmuz.com are referenced. It seems like a lot of them are missing on the site, at least when I choose "The Shmuz" --> "By Number" (e.g. in chapter 45: Shmuz 39: "I Need Needs" isn't there)

There's no search function either. How do I find these shmuzes?

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Re: seeking help again i guess

Posted by proudyungerman - 09 Sep 2024 18:53

[truthaintflashy wrote on 09 Sep 2024 15:32:](#)

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There's no search function either. How do I find these shmuzes?

Maybe email the author of the book? Seems like he's a talmid...

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Re: seeking help again i guess

Posted by truthaintflashy - 09 Sep 2024 19:35

[proudyoungerman wrote on 09 Sep 2024 18:53:](#)

Maybe email the author of the book? Seems like he's a talmid...

Hillel S.

Not seeing an email address anywhere. Did some Googling and couldn't find a website or anything.

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Re: seeking help again i guess

Posted by cande - 09 Sep 2024 19:41

theshmuz.com

click on -?the fight

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Re: seeking help again i guess

Posted by BenHashemBH - 09 Sep 2024 20:05

It's hidden on page 15

TheBattleOfTheGeneration@gmail.com

You could also email The Shmuz

office@theshmuz.com

Hatzlacha!

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Re: seeking help again i guess

Posted by truthaintflashy - 15 Sep 2024 13:43

I made a topic and now my sense of shame is stopping me from reading the replies

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