

embarrassed to ask

Posted by RabonShelKolBeniHagola - 09 May 2024 20:28

Hi I've been on gye for about a halfayear and it's changed the way I deal with this challenge, like not strong arming and SOBER, which is my go to plan. but that was all when I was in yeshiva, (not to toot my own horn but I'm probably the top guy there, so if you think that it's just you, you should know from the guy who has the Rosh as his cavrusha, and the guy you will never find dishing seder or ECT, we are all struggling) GYE really helped for jerking off. but when I would go home for an off shabbos it was all down hill, plan shplan i would always fall. then when I go back to yeshiva I write my CURE and fix the issue, but now with Bain haZmanim its been down hill. the whole winter I didn't watch any real porn just getting off to YouTube Yimach shmoi and pictures. but then went home for the 2nd to last week of the zman and I found a new place (I had no access to open open



internet) to watch porn and now I found a new place to watch porn ... and I had a full on pearl harbor yater hara nuclear missile strike attack there was zero thought process or fighting, which was what I was practicing the whole zman and I failed, and watched porn for the first time in 6 months and felt like a piece of garbage and then jerked off 3 more times in the next 24 hours. when I went back to yeshiva there was nothing more I wanted then than to watch more. Every Bain haZmanim I try to make some sort of deal with a good friend, but I was so attached to the porn that I refused until like 3 days left to the zmanm and then I made a plan but it lasted 4 days and then..... I had to do the big knas, and that's where I am right now. I tried cold shower knas, waking up early knas, but it's not working. So now is where I need the oyloms help any idea of getting my father to put a password on that device I'm to embarrassed to ask. which at this point I've used it many time and completely relapsed, which if he found me using he would be so pissed btw. so I'm looking for creative ways make would prompt him to put a password on it its completely open. rather than spending \$100s on knases because I can't think, I keep making gedorim but I forget everything and just go.and It's amazing how 2 minutes of porn of that 1st time can set in the start of a full relapse. It starts off slow, but you fall deeper and deeper slow like quick sand and now I have to start all over again

if anyone has some ideas I'm open

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Re: embarrassed to ask

Posted by frank.lee - 07 Jul 2024 14:17

ok, gotta think of the next step. Don't let this stop you... Are you comfortable telling your dad that you happen to see the computer, tried it out, and saw there is no password on it? Maybe when you asked if it was blocked, he was thinking something else... Did he think you mean filtered, or that you need a password to log in, or something else..

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Re: embarrassed to ask

Posted by RabonShelKolBeniHagola - 08 Jul 2024 01:19

i cant tell him and the computer is neither passworded or blocked or filtered

ps: still kinda cool to see the YH at work

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Re: embarrassed to ask

Posted by BenHashemBH - 08 Jul 2024 01:43

Could try making a commitment not to touch his computer at all and set up a knas for opening it and a stronger knas for logging in. Also can try reaching out to someone on GYE before using it to help as a deterrent.

Others can elaborate on what has worked.

Hatzlacha!

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Re: embarrassed to ask

Posted by eerie - 09 Jul 2024 17:32

[BenHashemBH wrote on 08 Jul 2024 01:43:](#)

Also can try reaching out to someone on GYE before using it to help as a deterrent.

This works pretty good. Text a friend whenever you will be using the computer, committing to let him know when you get off the computer clean.

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Re: embarrassed to ask

Posted by RabonShelKolBeniHagola - 04 Aug 2024 23:55

update coming home this bain HaZee i put on a knas for touching the 1st step on the way downstairs to the computer that I must stay 15 min after the following mincha and..... i failed BUT THE COMPUTER WAS LOCK!!!!!!!!!!!!!! hodu hashem ki tov still did the knas but I'm one step closer to being free had a sudas hodah the next morning so thanks for all the help.

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Re: embarrassed to ask

Posted by gyefeller - 05 Aug 2024 03:52

that's a good idea but not for everyone, bec your dad has to care enough to block it. i don't think his friend thing will for sure convince him to filter, but maybe to set a password, he might be more willing if you say it's only for one month etc.

hatzlacha raba!

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