

Starting for over hundredth time

Posted by chizuk613613613 - 13 May 2025 15:07

I have been on here for 2 to 3 years, I have posted from time to time, and have a small thread and BB corner. I am hoping to really get out of things and hope that this will all be part of it.

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in short, for the time I have, I didn't grow up religious, obviously exposed to everything out there, became from 13/14 and stopped with M and P. But still Struggled whenever on the Internet with looking at inappropriate pictures. It wasn't like I started off like that, but it would be searching around, looking at the news, some thing caught my eye and I ended up looking at all different things. By the time I was 17 I was getting into learning a lot more and really wanted to break out of this. I stopped using Internet pretty much entirely. That was the solution and it was amazing. Afterwords I was in Israel and again everything was great. Got married my wife used Internet without filter and I wasn't able to change that, but for the first few years I avoided using it entirely. But then one thing led to the next started with downloading. By the time I was 17 I was getting into learning a lot more and really wanted to break out of this. I stopped using Internet pretty much entirely. That was the solution and it was amazing. Afterwards, I was in Israel and again everything was great. Got married my wife used Internet without filter and I wasn't able to change that, but for the first few years I avoided using it entirely. But then one thing led to the next started with downloading shiurim then, getting email, then using it to look into information. And then got back into old habits. Due to different struggles in marriage there were times that I would look up information with images blocked but still ended up seeing things from time to time. This has been going on for almost 10 years. Over the years I have significantly upgraded filters which has been a big help. Also, this website has been a big help. Also being in touch with HHM for an hour two years and having him for accountability has been a big help. I am trying to reach out to more people recently which I also feel helpful. Another thing is trying to have solid learning every day. Staying connected. Another thing is limited usage of the Internet. I've got my Internet off in the evenings because I find when I am tired and relaxing with the Internet it's very dangerous.

Another thing is trying to have solid learning every day. Staying connected. Another thing is the needed usage of the Internet. I've got my Internet off in the evenings because I find when I am tired and relaxing with the Internet it's very dangerous.

After all this, I still have ups and downs sometimes within the same week. Either typing in words to see what search bar will show. Or on the shopping site and typing and things to see what it will show or if you can find anything. Similar if I got access to anything with the stock photo images. I have times where I am very strong and avoid any site that I could risk getting into trouble, But there are times that due to circumstantial situation I have a need or I think I have a need and then I get Lax in being careful as needed. Also, there are times where if I really wanna

get into trouble it's not hard with whatever limited access I have. Yes I have trouble but it's not enough.

I hope that posting here in the more public way will help me move forward with stopping.

also hope and daven the zechus of helping others along the way of my posting will provide the siyata dishmaya to make it as well.

I am making a goal that between now and shavuos I should be clean of any searching for trouble.

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Re: Starting for over hundredth time

Posted by chizuk613613613 - 14 May 2025 13:55

Day two.

So far so good. Although I have had ideas to do things that I know could get me in trouble if I were to continue. Requiring that I need somebody else to unblock sites that I request is so far very big. Makes me think twice before looking up some type of information that is totally safe, but it's on a site that I know for my personal self I could get interest to get into trouble.

it's not good that I had a few times of making the move to look up that information I need to get to a point that I have no interest in looking up that information if it has risks. But for now it's great that I've got these limits to get me in line and hopefully will develop new habits.

personally, I have found going through a bit of the sefer taharas hakodesh Helpful to go through. Perhaps everyone is really in the middle of totally engrossed in all different things that are bad it's not some thing to read. But for myself, I find that when I'm not actually looking at stuff, I'm very happy not to. When I allow myself to be on websites and Content and unlocking images, etc. then I slowly slip and get into trouble. The more I really internalize how terrible it is to look at bad things the more I recognize it's not worth the risk, and I'd rather live with some

ignorance lack of information spend some more money than I would otherwise to buy some thing that have a clean head and properly keep The more I really internalize how terrible it is to look at bad things the more I recognize it's not worth the risk, and I'd rather live with some ignorance lack of information spend some more money than I would otherwise to buy some thing that have a clean head and properly keep this mitzvah.

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Re: Starting for over hundredth time
Posted by chizuk613613613 - 15 May 2025 23:36

Day three still goodbH. Still seeing how could've starting towards trouble if not for new geder of needing someone to approve my sites.

having ideas of things that not intentionally for trouble but know high risk. Chizuk reminding self every time I say no to thinking of trying it's a mitzvah!!!!

Another idea is imagining challenges that could come up and being prepared to say no.

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Re: Starting for over hundredth time
Posted by barackobama - 16 May 2025 03:31

I hear your struggle and can relate. Wishing you much, much hatzlacha!!!!

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Re: Starting for over hundredth time
Posted by chizuk613613613 - 16 May 2025 16:49

Amen!

starting again. Trying to edit something on wife's website and amidst trying figure something out saw pop up few times stock pictures and then gave in to spend few min seeing what could see with scrolling down. For whatever reason it was stimulating, mayim genuvim, and ????? without trying at all, something came out. At least that made me stop... .

I blocked the site and I will have to deal with figuring out if or how to safely help my wife with this in the future

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Re: Starting for over hundredth time

Posted by chizuk613613613 - 16 May 2025 20:26

I think biggest trigger that led to this was not feeling well this morning and had hectic kind of morning that wasn't so focused more like flying from one thing to the next. Not sure how to avoid that though. That's the reality of life. Sometimes things are hectic and flying

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Re: Starting for over hundredth time

Posted by adventurousjellyfish - 18 May 2025 01:36

May you find help in your life. I am here for you!!!

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Re: Starting for over hundredth time

Posted by chizuk613613613 - 18 May 2025 23:42

Day 1-2

Better day bH. First few days after can sometimes be easiest because more scared of tech but then at certain point feel safe like I'm over it... .

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Re: Starting for over hundredth time
Posted by adventurousjellyfish - 19 May 2025 02:33

I hear you person. We are pretty much in the same boat. I hope the mods don't remove this. I

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Re: Starting for over hundredth time
Posted by colincolin - 19 May 2025 22:05

@chizuk613613613

am just being honest. Nice of you to post
I also find that tiredness is dangerous.,

It is much safer t read a book when tired, than to go on the internet.

Best of all, to get some sleep.

We live in a culture where we avoid sleep.

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Re: Starting for over hundredth time
Posted by adventurousjellyfish - 19 May 2025 22:54

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Re: Starting for over hundredth time

Posted by chizuk613613613 - 20 May 2025 00:15

Day 3 great bH.

with sleep bH I have internet off at certain time at night exactly because of this all. Can't say how many times it saved me since being careful. My filter is able to turn off all internet access every night for me. It's great bH

happy to connect jelly fish. Best is email me jew613613613@gmail.com if you're interested.

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Re: Starting for over hundredth time

Posted by adventurousjellyfish - 20 May 2025 01:48

. I've reached out by email to try to make a friendship. May God help us all. I hope I can be a good friend.

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Re: Starting for over hundredth time

Posted by chizuk613613613 - 20 May 2025 23:17

Day 4.

great bH

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Re: Starting for over hundredth time

Posted by chizuk613613613 - 21 May 2025 15:18

Day 5

the absurdity is back. Was scheduling something on an online calendar and noticed if you write what the appointment is it the. Shows some cartoon picture of doctor office. Starting having curiosity of making appointments and writing things maybe will cause images show up. BH NOT doing it. Davening to keep head on straight and solid day 5.

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