

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.

I have been on here for 2 to 3 years, 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.

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 truple 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 - 22 May 2025 14:40

Yesterday was good bH. Earlier in morning was feeling temptations but bH better now.

I need to be careful on this site. Can be very helpful but when I read detailed posts, it can evoke desires. Need to be careful what I read and how often I go on here not to get carried away.

a great day everyone as I begin day six bezras Hashem!

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Re: Starting for over hundredth time
Posted by chizuk613613613 - 23 May 2025 00:15

Day six: bH very good with tech today.

Absurd that got curious with children's book reading kid that maybe had the something slight that could see of some form of pritzus and flipped through it to see if anything else. I got rid of the book not going to do what I've done in the past of spending more time "proof reading". If I think a book a website and advertisement that came in mail could be a problem then garbage it needs to go. Proofreading is the atzas yetzer that's succeeded many times in past with me.

going to count as still good day but again to see something questionable and then rush to see if there's more is a major weakness of mine and need to be careful. I want a clean head and mind!!!!

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Re: Starting for over hundredth time
Posted by ?? ????? - 23 May 2025 01:58

I can relate to proof staring while walking on the street and seeing Jewish women dressed not modest it's hard for me to hold myself back not to look again like is she really going out like this

One of the things that helps me is the thought that it's not my business how anyone around me is going dressed and I'll anyway not change anyone everyone has the right to go how they want and i have to control my eyes and look only where it's for my own benefit

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Re: Starting for over hundredth time
Posted by gyefeller - 23 May 2025 07:07

@chizuk613613613

Keep up the growth and keep trucking!!!

HATZLACHA!!

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Re: Starting for over hundredth time
Posted by chizuk613613613 - 23 May 2025 20:37

Day 7: hope this lasts till end of day. BH great.

felt so good to take something in the mail that in past of flip through curious see what info it has secretly thinking what I may accidentally get to see, and taking straight to garbage where belongs.

I need to try and only come on here once day getting to be too much. Next week bn only once a day

have a great shabbos!

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Re: Starting for over hundredth time

Posted by chizuk613613613 - 25 May 2025 23:49

Day 8-9. BH still good. As stronger desires ebb away to certain degree now comes the next nisayon. Not to forget how easy it is to fall. How easy it is to be tempted without proper gedarim. Just because going good bH doesn't mean I can be less careful and will remain safe. Need to continue recognizing the yetzer is strong and the aveirah is terrible so I need to continue to be very careful and alert and staying strong with positive connection to ?????? ?????? ?????? ????????

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Re: Starting for over hundredth time

Posted by chizuk613613613 - 26 May 2025 23:46

Day 10: great bH. Last night was close to getting too heimish and not on guard, being tired and exhausted but bH stayed fine. That is why my wifi goes off at 830...

have a good night!

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Re: Starting for over hundredth time

Posted by chizuk613613613 - 28 May 2025 19:20

Day 11 yesterday. Was overall good. Wasn't careful and looking into something with my wife and looked at her phone to see what she was showing me and it was prepared to click on links that could be risky. I was doing it to figure out the information, so I'm going to count as staying good but it is a danger and I need to be careful. These things could easily get out of hand. Overall, I try and avoid doing anything at all on her devices being that they are not filtered.

continuing to try and be in touch with others from here which is also helping me push forward. Great line from vehkam Keep choosing what you really want.

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Re: Starting for over hundredth time

Posted by chizuk613613613 - 29 May 2025 21:53

Day 11-12. BH still good. Was on new site for something and noticed capability for trouble. Confirmed it's unblocked, went back from the page and emailed filter requesting they block the gif access on the site. Probably shouldn't have tested it but staying strong not to peel around at all is growth bH. Trying to remember where I want to be who's the real me. I want to continue positive posts over her. I hope to have the zechus of helping others in these things and other areas of Yiddishkeit as well, but ????? ????? ?? ?????????.

With the help of the One Above, planning on finishing off day 12

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Re: Starting for over hundredth time

Posted by ?? ????? - 29 May 2025 23:47

Thank u so much for your post it's such an inspiration for me I am not sure if I would do the same thing if I find a website which is problematic I would maybe close it but taking action it

should be blocked on the spot is something that I am not sure if I would have the strength to overcome the challenge

Hashem should give you the strength go grow higher and higher forever

With love AM HANIVCHAR

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Re: Starting for over hundredth time
Posted by chizuk613613613 - 30 May 2025 15:12

Amen thanks. Old me would've done what you said or much worse.

new me. No no no!

unfortunately seems like no way to fully block gifs on this site. Hoping my business doesn't switch over but if yes so I'll make sure not to be an idiot to try and check them out. Not sure what else to do. I think I'm safe but I feel like I've said that too often

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Re: Starting for over hundredth time
Posted by chizuk613613613 - 30 May 2025 15:13

Day 13 bH so far so good. Have a great shabbos to everyone!

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Re: Starting for over hundredth time
Posted by chizuk613613613 - 04 Jun 2025 16:30

Day 18: bH still good. Going to try coming on every other day. I need to continue on one hand coming in. I have a problem and need to accept that. Or else I'll never address it. But on other hand dealing with it too much also not good.

I want to get to point that when I'm on a site i will not be quick to notice or care to notice , think of, or remember a loophole. Loopholes to gehinom have nothing to do with me. And even when I do notice, I will easily go forward and not think for real, to click and go forward.

every time I say no I feel it getting easier and feeling more distant from this garbage.

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Re: Starting for over hundredth time

Posted by chizuk613613613 - 06 Jun 2025 17:27

Still good bH be in touch next week have a great shabbos everyone!

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