

me on a forum...this is not my thing.....

Posted by s4nh - 04 Nov 2010 04:22

sigh.... I cannot believe im doing this...

hello,

I am in my 20's and have er... a slight issue since the age of 11... I discovered what I could do on my own.

Soon I was told it was bad and I stopped easily for 2 years....

Then 10th grade came and unfortunatley it was what all the guys in class were talking about. I was shocked that they all were watching porn and felt slightly pressured...

at first it was once or twice a year. then it got really bad when I was in 12th grade and then in israel.

then I pushed hard and overcame it and barely did it for a whole year! Yay! ...shortlived...

Now I dorm during the week, but on weekends Im home.

At home I live in my basement...alone...with internet.....

I have hinted to my parents to let me switch rooms with someone....I even told them once that I had issues with porn last year (this took a lot of guts and time)....but im still in the basement.... apparently they think i overcame it and all is fine.

In the summers when I am home more, Im actually better than during the year!?

Perhaps its because I know I will be home and I gear myself up for battle with my evil inclination. I make sure I never bring my computer downstairs or stay away till its bedtime.

I dont know if my addiction is as bad as others though. at most twice a week. at least once a month.

But it bothers me to the core and I wish I could stop, but I am nervous that I am fighting a losing

battle.

Recently I found that I did it for a longer period of time and realized this has to stop!

My Yetzher Harah has gotten stronger, or I have gotten weaker...

I scanned through the 12 steps book and realized its very much like the Mesilas Yeshorim, which I should spend more time learning (it does help when I learn it... but sometimes I try to learn it too late when the hormones have already kicked in)

Both say that one must be vigilant and that without Hashem's help we are powerless.

But if I dont try to help myself God wont help me at all.

It also says to log your character development which I try to do but find it hard to notice all my movements.

I know this and yet as hard as I try I fail....

And then I can get depressed.... usually the depression helps me stay away for a while but recently the depression isnt wokring....

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Re: me on a forum...this is not my thing.....

Posted by installed - 09 Nov 2010 23:39

Hey,

Welcome to the site.

Is it better to sin without porn quickly and get the feeling over with. Or to hold out as long as

possible, all the while knowing what may happen?

Donno what to say. I had the same dilemma and decided to hold off but eventually fell back to P&M. I'm not sure if I would have gone back to P if I would've relieved :-[myself but I think that it's better to hold off. I had some success without a filter but decided to install one yesterday. I had trouble with it in the beginning and had to make some minor tweaks but now it's working perfectly and not disturbing. Just try it. It's free and you have nothing to loose but lots to gain...

Best of luck!

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Re: me on a forum...this is not my thing.....

Posted by s4nh - 09 Nov 2010 23:46

firstly I use a macbook. not windows.

Im going for web design whcih means I need to be able to google things.....

if I did install a filter I would give the password (however it works...) to someone I know cause if I need it back I hear that they dont give it back...

Well I didnt watch porn.... but I chose not to hold off.... it got too hard. I am grateful that I didnt watch porn, but Im annoyed and ashamed at myself....

yay....back to square 1.....

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Re: me on a forum...this is not my thing.....

Posted by installed - 10 Nov 2010 00:19

Hey,

K9 works for Macs as well. Do you have close friends that you are open with (for the password)? The "password gabbai" did reply within 2-3 hours both times I contacted him so it seems to be a good system and he does give you the password if you need it (as I did to make changes to the settings). I've been using my computer all day and did not get blocked from anything and I'm currently writing a project so I did quite a bit of searching and surfing. It's quite impressive. You can try it first by providing K9 with your own email address. You'll see that it won't bother you. Once you feel comfortable, change the email address to gabbai and create a random password that you will not remember...

... Things that didn't trigger you in the past will start triggering...

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Re: me on a forum...this is not my thing.....
Posted by s4nh - 10 Nov 2010 00:30

im not sure what you mean by that last part...

whats wrong with godaddy.com?

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Re: me on a forum...this is not my thing.....
Posted by installed - 10 Nov 2010 00:38

Umm... Their advertisements/homepage are quite sexually suggestive. I didn't pay much attention to it in the past but I guess I'm more sensitive now :o.

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Re: me on a forum...this is not my thing.....

Posted by s4nh - 10 Nov 2010 00:42

oh!

i have never used it yet.....

well I guess now I know.....

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Re: me on a forum...this is not my thing.....

Posted by installed - 10 Nov 2010 00:52

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Re: me on a forum...this is not my thing.....

Posted by jewinpain - 10 Nov 2010 04:24

Sh, follow ur heart,its pulling to good u will be free soon

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Re: me on a forum...this is not my thing.....

Posted by Holy Yid - 10 Nov 2010 07:02

I know it is hard but I think it is very good to be honest. What ever you do (p* or m* or both) always share it with us. Tell us what you are thinking and what is going on.

The fact you are sharing is awesome and is helping us already.

The road might be long but don't give up, EVER.

Keep on trucking.

You are winning as long as you want to change and are trying.

Your fan.

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Re: me on a forum...this is not my thing.....

Posted by ZemirosShabbos - 10 Nov 2010 18:06

well said, HY!

i am joining the fan club as well...

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Re: me on a forum...this is not my thing.....

Posted by s4nh - 11 Nov 2010 22:38

B"H I have been clean from looking at anything bad since last week.

I have fallen once or twice since then, but I feel its better than looking at that....stuff.

Anyhow is there a program for mac that just sends a log of all websties visited to a friend or relative?

Filters are hard for me since I need the internet and I think this would be a better choice for now.

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Re: me on a forum...this is not my thing.....
Posted by the.guard - 11 Nov 2010 22:44

[s4nh wrote on 11 Nov 2010 22:38:](#)

Anyhow is there a program for mac that just sends a log of all websties visited to a friend or relative?

Yes there is! See www.webchaver.org/info/macusers.php

I highly suggest reading through [the GYE handbook](#) to learn how to beat this addiction. It can't be done just through will-power. An addiction needs special techniques.

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Re: me on a forum...this is not my thing.....
Posted by Holy Yid - 12 Nov 2010 01:24

[s4nh wrote on 11 Nov 2010 22:38:](#)

B"H I have been clean from looking at anything bad since last week.

I have fallen once or twice since then, but I feel its better than looking at that....stuff.

Anyhow is there a program for mac that just sends a log of all websties visited to a friend or relative?

Filters are hard for me since I need the internet and I think this would be a better choice for now.

wonderful and thank you for sharing

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Re: me on a forum...this is not my thing.....

Posted by s4nh - 16 Nov 2010 22:38

im so upset.... i failed...

I was able to stay away for 2 weeks from looking at it. But today it became extremely difficult and on top of that I was tired and wasnt thinking straight....

I have read the handbook...well most of it...

While some of the concepts in the handbook might be new to me, some of it is like "I know this already, but i dont think about it enough"

Im vigilant after I do it for a few days...this time 2 weeks.... and then it wares off, what with school and all....

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