

Replacing Addictive Behaviors

Posted by ribnitzer - 11 Nov 2019 19:20

The minute that I was near a computer and got either bored or stressed, my initial gut reaction would be to "escape" into a porn site.

Eventually, when I setup filters, I still had this need/tendency to escape during stressful/boring moments while online.

I replaced searching for porn related Items, with searching for something else that I enjoyed/was interested in.

Eventually, I began an addiction with looking at Israel news. To this day, whenever I have a stressful moment, i begin switching through different israel news websites-obsessively..

Find something you enjoy reading about thats kosher, and flip to that obsessively instead of porn.

The next tip i would give is, eliminate all "legitimate" sites that have lusty articles. For a while I would visit "foxnews.com" as a legitimate reputable news outlet. However, very often they have articles, that are "gateway drugs to pornography" like articles about teachers that had relations with students, or famous actors that become "porn stars" These entertainment news articles are basically equivalent to pornography because they pique your curiosity..

Even though to most people foxnews seems kosher enough, I have eliminated it from list of sites that I visit,because I know where it could lead.

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Re: Replacing Addictive Behaviors

Posted by Markz - 11 Nov 2019 19:34

Good man!

[foxhole]

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Re: Replacing Addictive Behaviors

Posted by David26fr - 12 Nov 2019 08:39

It's a good idea, but be careful about replacing one addiction by another one, even if the new addiction not problematic...

Because nothing is resolved in final, and there is an high risk to return to your old addiction when the new will not be sufficient for your needs...

Just my two cents

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Re: Replacing Addictive Behaviors

Posted by Dovid824 - 12 Nov 2019 22:59

What about becoming addicted to Torah study, or keeping your house clean and tidy?

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Re: Replacing Addictive Behaviors

Posted by Hakolhevel - 12 Nov 2019 23:45

[David26fr wrote on 12 Nov 2019 08:39:](#)

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Because nothing is resolved in final, and there is an high risk to return to your old addiction when the new will not be sufficient for your needs...

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Obviously everyone has their own experience, but my experience has been there same. When I obsess about something (reading lots of news, following sports obsessively...) I start to feel empty in the inside, and the next time I get triggered, I stand less of a chance to win.

In other words, when something i enjoy becomes obsessive, it becomes less enjoyable, just like porn which starts enjoyable, but eventually becomes a burden.

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Re: Replacing Addictive Behaviors
Posted by Hakolhevel - 12 Nov 2019 23:48

[ribnitzer wrote on 11 Nov 2019 19:20:](#)

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I love what you say about gateway sites. Sadly, even non gateway sites seem to put links at the bottom of each page, with links to gateway articles at other sites.

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Re: Replacing Addictive Behavriors
Posted by Hazaq - 03 Dec 2019 08:07

[Dovid824 wrote on 12 Nov 2019 22:59:](#)

What about becoming addicted to Torah study, or keeping your house clean and tidy?

I would rather develop a spending addiction of sfarim and Torah study, (I love collecting and learning brand new sfarim - esp. with that new page smell) and eliminate my expensive porn addiction any day.

They must know my browsing history

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Re: Replacing Addictive Behaviors

Posted by DavidT - 30 Dec 2019 21:52

How about becoming addicted to GYE...

Read posts, reply to posts, chat with good partners, and let the other addictions evaporate!

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Re: Replacing Addictive Behaviors

Posted by Hakolhevel - 31 Dec 2019 04:30

[DavidT wrote on 30 Dec 2019 21:52:](#)

How about becoming addicted to GYE...

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It doesn't work for me, because gye is also an escape. For me the hard work is learning how to live my real life.

Gye is great, but as a tool to learn and keep me focused and connected. To much though had never worked for me.

Just my personal experience. As they say on dansdeals YMMV

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Re: Replacing Addictive Behaviors

Posted by DavidT - 31 Dec 2019 14:59

[Hakolhevel wrote on 31 Dec 2019 04:30:](#)

[DavidT wrote on 30 Dec 2019 21:52:](#)

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I agree. The main focus should always be on our-self. There are many good things (like GYE) that can be used as tools to get to our goal but we should never forget the real focus which is identifying our issues and working on them.

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