

What I learned over time

Posted by yitzchokm - 28 Jul 2023 06:38

In the past, when I looked things up on the internet I was exposed to improper images and when I saw it was getting out of hand I made a few kabalos that kept me out of most of the trouble.

1. Don't look up anything out of curiosity, meaning that I have to have targeted constructive information I am looking for before going onto the internet. ("Don't look up something recreational" might be the right substitute for some people).
2. Don't go into news sites except for Hamodia.com. (Everyone can adjust this to what they see is right for them).
3. Don't go into social websites.
4. If a site has Google ads go out **immediately** and don't return. (This effectively blocked me from most of Youtube because I couldn't usually predict which videos won't have Google ads. This might not work for someone who is more familiar with Youtube and can predict this or someone who has a subscription).

I have a sign with these rules hanging in the room where I usually use my computer. Everyone can keep records of their own rules somewhere and do the same thing.

This may sound like a high call but if not for this it would have only been a matter of time until I would have discovered porn. I am grateful to Hashem that this never happened. I can't overstate how lucky I am.

A year later I got a Techloq filter which effectively blocked most of the pitfalls and I highly recommend this filter.

By the way, Google leans towards improper culture and it naturally shifts in that direction but over time Google learned something from my previous searches, which websites I went into and what I did there. It still tries to push in the wrong direction but only slightly. What it needs is consistency and insisting on what I am willing to go into. Today I have a lot of control over Google. I don't think this could have been accomplished without a Techloq filter.

I have my own challenges but I can't teach much to people who were exposed to porn or have real addictions. I am humbled by their courage and I have a lot to learn from them.

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Re: What I learned over time
Posted by yitzchokm - 30 Jul 2023 14:59

The Reishis Cochma (shaar hakedusha chapter 11) writes that it says "???? ?? ????? ?????? ?? ?????? ??? because he was sinning in the area that we have challenges and it says "???? ?????? ??? regarding lashon hora because "???? ?????? ?????? ?????? ?????? ??????. Sefer Yetzira (1:3) also writes that "???? ?????? and "???? ?????? are connected to each other. There are many who write that keeping the laws of Lashon Hora make it easier to keep the laws regarding our challenges. This may not be new to many people on the forum.

I have been trying to keep the laws of Lashon Horah for two years and now that I am trying to overcome the challenges that GYE addresses I can testify from first-hand experience that the two are related to each other. In both challenges a person is constantly restraining urges that come up frequently, both of them require practice and commitment to succeed and both require honesty and putting restraints in place before challenges come up. I don't have the right words to fully explain my experience, however, I experience both challenges as being of the exact same nature in every respect. I find that my keeping the laws of Lashon Hora was the catalyst for me to be able to overcome challenges in what GYE is addressing. I receive daily emails from The Chofetz Chaim Heritage Foundation in the laws of Lashon Hora. I suggest trying out this method.

(Keeping the laws of Lashon Hora is a process and change happens consistently over time. Now that I am better at keeping these halachos for a while already I can see its positive effect on our challenges).

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Re: What I learned over time
Posted by yitzchokm - 03 Aug 2023 19:38

I find it interesting that since very recently I have no challenge to speak Lashon Hora anymore,

either from working on my challenges that GYE is addressing or from posting on the GYE forum and connecting to people through the chat and private messages. In any case, as I posted, it seems to be that refraining from Lashon Hora and working on these challenges work hand in hand.

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