

Finding a loved ones filth

Posted by Shmira - 10 Aug 2015 00:35

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Hi

Never done this before...

Thnx to GYE i have recently realised that my viewing of illicit materials may be more serious than i may have appreciated otherwise.

I have undergone through various steps.. but something has just thrown me off completely.

Upon using a loved ones tablet device, i was shocked to see that the last person seemingly left the filth on the internet browser. I quickly shut the page thinking it was an accidental pop up. When i searched the history however, i was shocked to discover that someone had actually knowingly searched for the filth.

This tablet belonged to someone i love, respect and look up to. I am in absolute denial. I quickly deleted the history hoping that it was only a unique case. But when i checked the history again a few days later, there it was again!

I simply do not know what to do? I personally cant believe it! I feel betrayed!

This is the only forum i feel comfortable sharing this....please help

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Re: Finding a loved ones filth

Posted by cordnoy - 11 Aug 2015 05:00

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[Shmira wrote:](#)

Hi

Never done this before...

Thnx to GYE i have recently realised that my viewing of illicit materials may be more serious than i may have appreciated otherwise.

I have undergone through various steps

Perhaps you should even change the name of this thread; I will let you decide.

What were the steps you took for yourself, and what will you be doin'?

I will tell you how I started (after decades of this stuff).

1. I joined GYE.
2. I found a long distance therapist.
3. I opened up to someone safe in my community (and told them all....I repeat...all).
4. I went to live SA meetings.
5. I went to another therapist.
6. I opened up to other members (spoke to them face to face, on the phone, all types of ways, and to be clear....we now know each other....we know who the other is).
7. Got a sponsor and worked my way thru the steps (actually two sponsors).
8. Participated in phone conferences.
9. Insert extra prayers in S"E and when I remember, throughout the day.
10. The above might not be the exact order.

I am still addicted.

I am still a 'betrayed.'

I surrender to God and others that i am this way, and thru His help, the assistance of others, and my program-work, i will be sober for today.

b'hatzlachah to you and to all

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