

I'm About to Slip!

Posted by Kedusha - 29 Oct 2009 14:14

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One of the most popular threads on the forum is the "["I'm about to FALL"](#) thread, started by Uri in mid-August. That thread allows forum members to call out for help if they feel that a fall is impending.

The problem is that it's often too late, the reason being that, if a member is about to "fall," he may well have already "slipped" (for the difference between "slipping" and "falling," see [here, rule #8](#)). One reason that it's called "slipping" is that, once we've slipped, it's often a "slippery slope" until we, c"v, fall and, quite often, fall hard.

So, I thought it might be helpful to start a new thread, for those who have not even slipped yet, but are afraid that they're on the verge of doing so. By calling out for help at that point, they may well be able to change course before things start getting totally out of control.

**Remember: Just as alcoholics must avoid that first sip, we need to avoid that first slip!**

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Re: I'm About to Slip!

Posted by Chaim18 - 21 Jun 2011 18:26

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I was doing extremely well after putting a filter on my computer and felt like I was in a "home stretch" phase. However, I recently discovered how to bypass the extremely strong filter I put in place, and I'm back to constantly having the option to look at bad material online.

I'm worried that although I still have a few fences left, I just lost my best one since I can never un-learn how to break through that filter. I slipped up the first time and I just now white knuckled my way through an extremely strong craving. I'm not out of the woods however, and I could really use some chizuk about now.

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Re: I'm About to Slip!

Posted by david712 - 21 Jun 2011 18:40

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do you remember how to bypass it? or do you need to Google it to find out? do you need to use the internet to bypass it? if you do then you can black list some sites or Google searches etc on your filter.

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Re: I'm About to Slip!

Posted by Chaim18 - 21 Jun 2011 18:53

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Without getting too specific, blocking a particular google search term would do the job.

Is there a way to add additional blocked sites or searches without knowing the blocker's password? I tried to make the filter password unavailable to myself.

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Re: I'm About to Slip!

Posted by heuni memass - 21 Jun 2011 19:24

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[Chaim18 wrote on 21 Jun 2011 18:53:](#)

Is there a way to add additional blocked sites or searches without knowing the blocker's password? I tried to make the filter password unavailable to myself.

I dont think so.

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Re: I'm About to Slip!  
Posted by Back on Track - 07 Aug 2011 23:49

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It depends on your filter. Internetsafety.com has a filter that you can add specific terms to that will block sites where those terms apper in the url.

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Re: I'm About to Slip!  
Posted by shteighecher - 16 Aug 2011 19:04

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Welcome Rabbi TehillimZugger to this site. You have a very nice name, i like it. I wish i would zug more tehillim daily. The oldest segillah in klol yisroel.

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Re: I'm About to Slip!  
Posted by Gevura Shebyesod - 16 Aug 2011 21:57

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Segula Noira'a Boduk Umenusa:

When you have the urge to go to a bad site, place your hands firmly on the keyboard and type the following with intense Kavana:

w

w

w

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g

u

a  
r  
d  
y  
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Re: I'm About to Slip!  
Posted by chaimyakov - 04 Dec 2011 16:08

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i can't rely/trust my filters.

i don't test them (anymore).

i use them to prevent accidental key strokes.

i now know that "Only you(read i) can prevent forest fires"

if the yh wants to test them, or try something, i let him do it after i leave

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Re: I'm About to Slip!  
Posted by coreyavery - 24 Jan 2012 14:42

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I really don't think that the filters are going to help in this situation. It may help give you an extra minute or two to think about what your doing.... but if you really want to look at this "bad material" you're going to do what it takes to get around the filters. The most important thing I can say is immediatly reach out to a support of some kind.... or try to help someone else in need.... it should help take your mind off things.

<http://www.sobernation.com>

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Re: I'm About to Slip!  
Posted by TheJester - 24 Jan 2012 15:45

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[coreyavery wrote on 24 Jan 2012 14:42:](#)

I really don't think that the filters are going to help in this situation. It may help give you an extra minute or two to think about what your doing.... but if you really want to look at this "bad material" you're going to do what it takes to get around the filters. The most important thing I can say is immediatly reach out to a support of some kind.... or try to help someone else in need.... it should help take your mind off things.

Hi Corey (Gai?),

Welcome to GYE. Nobody has officially welcomed you, yet. I assume that you are the same Corey Avery as the owner of Sober Nation ([www.linkedin.com/pub/corey-avery/45/5b7/470](http://www.linkedin.com/pub/corey-avery/45/5b7/470)); who also specializes in **Search Engine Optimization** (as per your linked-in profile).

I do not doubt for a second that you are deeply committed to helping people out - indeed, your life seems bound to helping those in addiction, and your continuing recovery from alcoholism and heroin addiction is laudable and inspiring. However, you must excuse my skepticism at your constant linking to your own company, in each of your posts, especially when necro-posting.

I would suggest that if you feel that your website could help the people on here, you chat to the admins of this site, rather than short tid-bits of information with attached links... On 6-week old posts.

GYE caters to many people, for many of whom, filters are an important part of their protection. Nobody would argue that it is a solution to any underlying problems.

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Re: I'm About to Slip!  
Posted by coreyavery - 24 Jan 2012 16:34

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I will be in contact with the administrators shortly. Thank you by the way for your honest and respectful approach.

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Re: I'm About to Slip!  
Posted by mendel 770 - 20 Mar 2012 12:41

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always be bouncing that your the eibeshters little son, and at any given moment you can do what he wants you to, thereby eternaly connecting yourself with your ever loving and most

gracios father who gives you such a great life and an opportunity to immencely enjoy yourself thru learning his eternal, everlasting and most relevant infinite wisdom, i.e. our toras chayim, which means a hora'ah bachayim - a teacher and guide for which ever situation we might ever find ourselves inside of...

(based on tanya ch. 33 - which btw, is a very good piece to learn in connection with issues in avodas hashem in general, especially in this one, - and inspired by the teachings of the lubavitcher rebbe z.tz.l)

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Re: I'm About to Slip!  
Posted by mendel 770 - 02 Apr 2012 02:45

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now in continuation to what kedusha said in the irst post on this thread, maybe someone can help me now...

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Re: I'm About to Slip!  
Posted by Markz - 29 Sep 2016 18:56

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[the.guard wrote on 29 Oct 2009 14:37:](#)

We should start a thread called "I have feeling I might be in a situation next week that could cause R.I.D".

Just kidding around, I like the new thread idea, Keep up the good work, Kedusha! :D

Jiddy Bump

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