

What doesn't work

Posted by ainshumyeiush - 24 Oct 2023 00:25

I think i spend too much time on here... But better here than somewhere else...

as the title says this thread is for all the ways to quit that dont work that have been tried.

i figured why not start a thread for this so we can save people some time

Feel free to add anything else you've tried/seen/heard of

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Re: What doesn't work

Posted by ainshumyeiush - 24 Oct 2023 00:32

1 cold showers

2 meditation

3 meditation with psychedelic assistance (trust me, it makes things worse)

4 fasting the next day after you act out

5 "i'll do it this time, but this is the last time. For real"

6 following porn-free content on social media

7 self hypnosis

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Re: What doesn't work

Posted by chaimoigen - 24 Oct 2023 04:48

Shame and guilt.

Self-loathing, self-flagellation, face-palming (with or without a pie, or a hammer), in Shemona Esreh and out of it.

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Re: What doesn't work

Posted by true_self - 24 Oct 2023 09:40

Toxic shame and blame.

Giving up.

Feeding in to negative thoughts.

Taking upon ti big kabolos.

?Being over optimistic and not realistic.

Spending too much time on GYE or engaging in this struggle.

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Re: What doesn't work

Posted by connected - 24 Oct 2023 14:20

[ainshumyeiush wrote on 24 Oct 2023 00:32:](#)

1 cold showers

2 meditation

3 meditation with psychedelic assistance (trust me, it makes things worse)

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6 following porn-free content on social media

7 self hypnosis

I'd add to the thread title *for me*.

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Re: What doesn't work

Posted by ainshumyeiush - 24 Oct 2023 16:25

I'll try to remember to change it when i get to a computer (my phone wont let me do it now)

but the idea of the thread is not a list of things Ive tried, i felt that people might benefit from seeing that there's ways that work and ways that dont.

gim realizing now that maybe this should all go under the learning from others mistakes thread.

but yes what might not be right for one person could work for another, for example, true_self wrote that being on here to much is not good for him, but for me right now it seems to be a good thing to spend a lot of time reading old threads

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Re: What doesn't work

Posted by true_self - 24 Oct 2023 17:12

[ainshumyeiush wrote on 24 Oct 2023 16:25:](#)

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but yes what might not be right for one person could work for another, for example, true_self wrote that being on here to much is not good for him, but for me right now it seems to be a good thing to spend **a lot of time** reading old threads

I would debate that.

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Re: What doesn't work

Posted by ainshumyeiush - 24 Oct 2023 17:36

Please do

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Re: What doesn't work

Posted by true_self - 25 Oct 2023 17:35

I meant that I would debate it within myself (as i did when I used spent a lot of time here).

I would ask myself, what am I gaining from everything I read? Is every minute i spent here really beneficial and necessary to achieve my goal? What is my goal? Is there something else i can do with this time that would be more helpful? Are there alternative ways to prevent falling? etc... The questions would be different for every person and it requires honest integrity and self challenging (maybe also incl. A friend thats not bias).

You say that you benefit from spending a lot of time reading old threads, I'm not undermining the tremendous lessons and experience that one can take out of them and its of course beneficial, but an overflow of new info is not helpful, even if its true and accurate, your mind cant process that much info that fast and it ends up digesting less, rather read a bitesize each day and give yourself time to digest and implement what you read.

Too much of anything is not good, things need to be in proportion, except for the things we count each morning in "??? ????? ????? ??? ?????".

Getting back to myself, i found it that spending too much time during the day engaging in counteroffensive kept me on the battlefield where its risky, even when the YH wasn't there. To be mekayeim what chazal say "????? ????? ??? ??? ?? ??? ????" we should fill our say learning and davening.

This is my thoughts, feel free to argue after you think it through seriously and put all possible bias aside (if that's possible

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Re: What doesn't work

Posted by ainshumyeiush - 26 Oct 2023 13:33

I thought it over. And i think you're right. You have the number for gye-anon? But seriously i will be cutting down on time spent here

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Re: What doesn't work

Posted by Hashem Help Me - 27 Oct 2023 04:27

I think many guys here get addicted temporarily to the forums. They are excited to finally be able to get this stuff off their chests and be mechazek themselves by seeing other people's struggles and resolutions. Reading old threads help rewire the brain while also reinforcing that this is a global problem and many nice guys struggle(d) with it. There is a thrill to see your post responded to and to receive "thank you's". Eventually most guys calm down and spend much more limited time on GYE. Hatzlocha to all GYE "addicts".

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Re: What doesn't work

Posted by true_self - 28 Oct 2023 20:20

[ainshumyeiush wrote on 26 Oct 2023 13:33:](#)

I thought it over. And i think you're right. You have the number for gye-anon? But seriously i will be cutting down on time spent here

What's Gye-anon?

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Re: What doesn't work

Posted by ainshumyeiush - 29 Oct 2023 04:36

Gye-anon or guard your eyes anonymous or ga is a 12 step program for people struggling with compulsive gye use and gye addiction.

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Re: What doesn't work

Posted by Markz - 29 Oct 2023 16:45

[ainshumyeiush wrote on 29 Oct 2023 04:36:](#)

Gye-anon or guard your eyes anonymous or ga is a 12 step program for people struggling with compulsive gye use and gye addiction.

Which is under the parent company of Porn-on-andon

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Re: What doesn't work

Posted by ave - 06 Nov 2023 22:06

Well said

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