

My Kosel of Honour

Posted by israel613120 - 29 May 2013 03:47

Well I'm finally starting my very own thread, I had a few on "Introduce yourself"

I'm the guy who didn't want to admit he was an addict, and maybe I'm not, but after reading around here and reading Rabbi Twerski's definitions, I may have been more addicted than I thought. There was never any M*** well at least since after my wedding some 18 years ago, (apart from one isolated incident) but plenty of searching online mainly for mainstream movies with inappropriate/P*** scenes, and this went on for years...

Well I logged in and have not had a fall and up to 125 days!! Since 90, I haven't really been counting.

Had plenty of slips along the way, and near falls, one tonight I had the opportunity of going to an empty house, and surf a multi channel TV, but didn't.

What helped me was a recording of Uri in the park, it was on a chizzuk email, how he could have gone round to a girl friend, but went to the park with his guitar.

My situation was a bit different but hey, Nekudas HaBechira and all that.

Also my shmiras enayim has improved on my local streets, but I wasn't ready for a family trip to a big park, on a warm day, and wasn't as good as I could have been.

One thing I've not been able to do is keep off the movies completely, obviously I seen no P*** ones, and I've watched loads less during my 125 days, but not been able to stop.

By the way Why has this category's name changed to On the way?? From Wall of Honor?

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Re: My Kosel of Honour

Posted by israel613120 - 02 Aug 2013 17:06

Thanks your post really means loads to me

Gut Shabbos

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Re: My Kosel of Honour

Posted by gibbor120 - 02 Aug 2013 18:33

Sorry to hear you fell. Did you do anything beforehand to prepare for the nisayon? Perhaps you can make a kabbalah not to watch TV. Maybe make some sort of taphsic (I haven't used it, but some people find it helpful, especially in the short-term) Maybe throw a sheet over the TV to remind yourself that it's off limits. Commit to call someone each day, maybe a few times a day to check in. Stay busy with something else if you can - a good book perhaps (they are better than TV or movies anyway).

Just rambling some ideas.

NOW GET BACK UP, GET BACK IN THE TRUCK, AND KOT!

Love,

gibbor

Have a great Shabbos!

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Re: My Kosel of Honour

Posted by israel613120 - 05 Aug 2013 03:29

No I didn't do anything before hand wherein was my downfall, this was on holiday so I suppose my defences were down, I have no TV at home and my computer will not let me watch, 'no streaming media, there are still a few dvd's around.

But I'm being careful,

Can someone tell me how to upload an Avatar, I'm having some trouble

Israel

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Re: My Kosel of Honour

Posted by inastruggle - 05 Aug 2013 03:57

1)Go to the profile tab on the top of the page (under the gye search bar) or just click your name on the top of the page.

2)click the edit button on the top right corner of that page.

3)click the avatar image tab.

4)click choose file if the picture is on your computer.

post if it doesn't work

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Re: My Kosel of Honour

Posted by israel613120 - 06 Aug 2013 15:40

Tried that but when I press Save it goes all funny, maybe its the speed (or lack there of) of my connection?

Please help

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Re: My Kosel of Honour

Posted by Gevura Shebyesod - 07 Aug 2013 03:01

What do you mean by "it goes all funny"? I dont know for sure, but maybe the file is too big, or it's in a format that is not supported. It probably should be a .jpg and not more than say 100K in size (just guessing).

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Re: My Kosel of Honour

Posted by israel613120 - 23 Aug 2013 04:46

Thanks for all the advice, I got it working like you said

Hope you like my new Avatar!!

But now to catch up.

Firstly reason why It works now as I have a faster Internet connection, I was using a dongle, now I'm fully wireless. I have my computer tagged, by TAG, they have the pass words. My wife and I were finding the dongle too slow and unreliable. But K9 stays on, I admit I 'checked out' if it still worked by going onto You tube, B'H it did, all streaming media is blocked.

But I fully admit, that even after being on K9 for almost a year and being a member of GYE for over 6 months, I KNOW that if my computer wasn't filtered I'd be trying to go to all the sites I used to. I feel bad saying this, does this mean I'm not cured? Am I just 'Holding my breath' Yes I've been clean all that time, only one fall with the TV on holiday as mentioned. But I am only clean because of my filters. Is there a stage when I'll be clean with no filters? Am a really clean and in recovery or have I just forced my hand? maybe the filter is ????? ??? ?????, then it's O.K, Yes I'm talking to myself and it's late here, feel free to but in.

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Re: My Kosel of Honour

Posted by ZemirosShabbos - 23 Aug 2013 21:42

nice avatar!

If you are clean because of your filters that is valuable in its own right. Part of any recovery is to

avoid the object of attraction. avoiding it is not the highest level of recovery but it is crucial. it also develops a habit of not falling. working on your attitude, honesty and facing real life are what will change your inner mechanics. so keep building on your success.

have a great shabbos

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Re: My Kosel of Honour

Posted by israel613120 - 25 Aug 2013 04:31

Thanks truth is my phone can't be filtered, I can still get You Tube basically on it, but BH I haven't looked.

My wife would like to be able to see some online TV programme, I know how dangerous that would be to have the ability to do this. She's not pushing and I think she'll listen to me, but any advice on how to tell her no.

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Re: My Kosel of Honour

Posted by gibbor120 - 27 Aug 2013 00:11

If you told us, I forgot. What does your wife know about your problem?

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Re: My Kosel of Honour

Posted by israel613120 - 27 Aug 2013 01:53

I don't think I ever said, but it is an interesting question. She doesn't know that I used to actively look for porn movies, but did know I watched plenty films, and spent lots of time late at night watching, I suspect she had some idea that it wasn't all kosher veYosher. But she didn't know any more.

Interestingly in the bad old days of zivug frustration when I would be pressuring her for sex, she called me a sex addict, and that's all I want. And that's without knowing I looked for porn! It's

been mentioned here before, our wives just know!

She has no idea about GYE either, and I'd like to keep it that way, I would be too embarrassed to admit I have a problem.

I did tell her I'm trying to watch less, and I made a big deal about when I put my K9 on. So that brings you up to speed, I've been quite open here.

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Re: My Kosel of Honour

Posted by israel613120 - 01 Sep 2013 03:32

I'd really want to take off my filter, but I'm not going to, as I know how much time i'd spend watching movies then progressing from bad to worse.

I need my filter, I'd fail and fall if I didn't have it.

Have I progressed or is this just false?

The Rabbonim say if you do use internet you must have a filter so at least I'm keeping to that, I can attest to say how right they are.

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Re: My Kosel of Honour

Posted by cordnoy - 01 Sep 2013 07:43

is there a way to whitelist her programs?

are you using the same computer?

KOT! (even with the filters!)

b'hatzlachah

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Re: My Kosel of Honour

Posted by israel613120 - 12 Sep 2013 04:13

Just to update,

BH no movies during most of Elul and so far in Tishri, but been spending lots of time here on GYE

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