

Breaking out!

Posted by hatzlacha - 15 Jul 2013 16:38

Hi everyone,

This is my first time ever writing on a forum. I was a little apprehensive about it as I'm not in to online social whatever. But the Last few days (since i started my 90 day chart) I was reading alot of other peoples forum on the 90 day chart and i think it's some thing that can really help me. So BH I have been clean 6 days on this new count and I'yh it will last forever. So I'm starting two things actually telling people about my problems and learning how to forum. So guys take it easy. And if do something not according to the culture tell me as I want to learn.

Iyh I will keep posting as it goes on and hatzlacha to everyone and an easy fast!

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Re: Breaking out!

Posted by dd - 02 Sep 2013 09:22

TGOT i agree with you posting and checking in is a gr8 fence and huge help i feel just like you that since i started coming on daily it a whole new story bh

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Re: Breaking out!

Posted by RoshYeshivasSon - 02 Sep 2013 15:17

dd

posting here is like **ddt** to the YH.

so why not switch your screen name to **ddt**?

just suggesting...

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Re: Breaking out!

Posted by hatzlacha - 02 Sep 2013 23:59

BH another clean day!

and no mishaps last night though after I finished Krias Shema I watched youtube till 2:30am no shmutz though, didn't even think of searching for it.

still hevent finalized with a sponsor, though i am working on it. I also think that my webchaver shouldn't be (exclusively:) my sponsor. Rather it should be someone I don't want to know about my problem with shmutz.

BH today was pretty productive though I didnt Daven with a minyan as I woke up late due to last night time wasting. I learnt chitas and a daf of gemamra, finished a project I was working on.

I am going to end this post as I still need to daven Mariv and say krias Shema and the time is late. lyh tomorrow will only be even better with alot more accomplishments!

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Re: Breaking out!

Posted by thatguyoverthere - 03 Sep 2013 00:07

Gogogogo! *cheering*

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Re: Breaking out!

Posted by RoshYeshivasSon - 03 Sep 2013 04:52

hatzlacha

watched youtube till 2:30am

WARNING BELLS

BONG BONG BONG BONG BONG BONG

Sounds like you have a hard time leaving your computer. I think that is something you will have to address as you advance.

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Re: Breaking out!

Posted by jewish jew - 03 Sep 2013 10:27

I used to watch youtube until late too. In my opinion that is two slippery steps in one go. First of all sitting on the computer at 2:30am by me is a recipe for disaster. Secondly, youtube, there may be a no porn allowed rule, but telling you from experience there is plenty of on what to fall/crash there.

Also what do you mean by "no shmutz" by me shmutz is any woman and it doesn't matter how she is dressed (if she is dressed)? On youtube they have videos waiting for you on the side where there will always be woman because sex sells and google wants you watching youtube as much as possible and that is without their advertisements (which don't need explanation).

Yitzchok

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Re: Breaking out!

Posted by thatguyoverthere - 03 Sep 2013 10:59

Wow, you guys are cruel sometimes... he celebrates staying clean and you rain on his parade...

That said, you are probably right... and sometimes we need that tough love. But it really also depends on how far this guy is in his addiction, and thats pretty individual.

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Re: Breaking out!

Posted by hatzlacha - 04 Sep 2013 14:26

[jewish jew wrote:](#)

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Yitzchok

You are right youtube is a very slippery slope. BH No slips went down. And that what I mean by no shmutz. I watched bestvine clips and clips from clean movies. Stopping on Watching youtube is something I plan on working asap, right now my goal is to stay from porn and anything stimulating.

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Re: Breaking out!

Posted by hatzlacha - 04 Sep 2013 14:42

unfortunately (for myself)I didn't post yesterday before I went to bed. BH Yesterday was another very clean day though not a very accomplishing one. BH I davened Shacharis learnt chitas and a blat of Gemarrah but that was it.

Im too old to give excuses and I know that I need to take control of my life. But sometimes that is hard being out of a Misgeres and not having any specific responsibilites. I didn't get out of the house the whole day. right now I am with my family in a very small apartment. and my parants left me at around 2pm and didnt return till 8:30pm. My siblings had their friends over (like ten kids were here all from the age of 10 and down)The house was on wheels. Any project (im inmiddle of taking a few different courses that I guess don't interest me enough though I need to take them to help me in the coming year) I could't concetrated on. I ended up watching 2 Romantic Comedies (yeh im into them when I need to chill out a little) which didnt have anything stimulating on it (I checked before)and a whole bunch of Dr. Phil. Though I did get in a half hour of typing practice:)

Not a productive second to last day of the year. and I am writing all these details for personal future referance. I didnt Daven, MMAariv, or say Krias Shma.

today hasnt been so much better. I woke up at 7am yet didnt get out of bed till 8:30. I ended saying Selichos and Davening without a minyan.

this is probably my last post in 5773! looking forwarded to working hard this year. May all our Teffilos be answered. and let Moshiach come now!!!

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Re: Breaking out!

Posted by RoshYeshivasSon - 04 Sep 2013 15:16

I find that what works for me is to make up before I start using the computer exactly what I'm going to do and that's it. For example I might open up a text document on the desktop and write:

Pay Bills

GYE

YeshivaWorld

MLB highlights

And **stick to it**

The problem is when you start "**Browsing**"

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Re: Breaking out!

Posted by tehillimzugger - 04 Sep 2013 16:13

[RoshYeshivasSon wrote:](#)

YeshivaWorld

So THAT"S whose son you are!

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Re: Breaking out!

Posted by RoshYeshivasSon - 05 Sep 2013 00:43

It's great to have a tehillimzugger on your side.

Have a Ksiva V'chasima Tova and have me in mind.

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