

Yet another story..

Posted by Yaalzu - 27 Jan 2016 13:30

Hello everyone. So I'm joining the 90 day journey thing and it mentioned here that it would be a good idea to make a post on the forum so that I can link it to my chart, so here I go.

In short, I have no problem whatsoever (not even a hint) of keeping "clean" for a few weeks at a time. Then there's that one moment, every few weeks or so, when I find myself a lot more alone, and bam! That's when everything happens at once, the taava kicks in like mad and within two or three hours, after having "had my share" off the internet it's done with and I have to start all over again, (so to speak, of course).

NO matter what I have done in the past few years, the mekatreg has always managed to deflect my attempts. I moved away from home at some point, and Whatsapp was the only way to keep in touch, so my family bought for me a smartphone (didn't have one until then, and the problem then was still relatively minimal). The after about a year of "trouble" I decided to buy a regular phone. So I bought what I could afford, a second hand one. And discovered that it was locked. I went on trying to unlock it, calling the company etc, but to no avail.

So I tried putting a filter on my phone. It worked for a while, but there was a weakness (where someone else held the password). And videogames always helped me stay preoccupied at the time (not going to get into too many details for privacy reasons), and inevitably drew me back down.

For my computer I tried to get a filter, but for other reasons that failed miserably as well.

And so on and so forth no matter what I tried it always failed (and just to mention, I have been always very busy and only rarely have had the time to actually do all these things, when I finally did do them).

In my childhood, there was open TV and open internet, and curiosity reigned with my parents ignoring signs of "trouble," so I've had this problem for a while. Only nowadays when I've grown up a bit I have discovered the seriousness of this issue and seem to have nothing to be able to do about it.

Even recently when I started finally paying for the VCF filter, the ONE TIME I actually needed it (the one time every few weeks), the filter stopped working for different reasons and it happened again!!!

So here I am again, a couple of days before that "one day" when I will be alone again and I'm desperate for assistance. I think I will try webchaver, only I'm not sure if it takes facebook into consideration, and I need facebook for work (as well as google images, one of the reasons for which vcf anyways doesn't help me much).

(Nowadays I have enabled a very strong, unequaled filter on my phone so I am fine there, Baruch Hashem, but my computer is still a problem).

I think also I will try and make sure to do my work in a more public setting in order to avoid danger.

If you actually read all that, kudos to you. May Hashem help us all succeed!

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Re: Yet another story..

Posted by Yaalzu - 05 Apr 2016 16:19

Hey there to whoever is still interested. I've been on vacation for a few days already in Canada with family of mine. So far so good. Hard to keep up here and there, but in general I'm keeping busy, B"H!

Let's hope I manage to keep it up to the end...

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Re: Yet another story..

Posted by m58yiw84niym - 08 Apr 2016 03:52

We're all here rooting for you (even people like me who wasn't on this topic until right now).

Regarding your Windows 10 questions, I have K-9, and that seems to work for me. I would recommend 1 of 2 things to avoid the uninstall problem: either give the password to someone else (I believe there is some "Filter Gabbai" on this site that could hold this for you). Another option would be to create a ridiculously un-intuitive and not remember-able password (for example, bang on the keyboard once or twice - sort of how I got my screen name), and use that as the password. Have the password saved on a .txt file somewhere on your computer where you won't easily access it. Granted, you would always be able to get to the password and uninstall it yourself, but the point is to make it difficult enough that by the time you hunt it down, you'll be able to (hopefully) fight against most of the urge.

I also had the same issue with Covenant Eyes, albeit back with Windows 8. The only suggestion I have is make sure you're using the most up-to-date version, as they're likely to fix those bugs over time (as an aside, make sure you're getting the program directly from Covenant Eyes. Part of the issue was that I was getting it from the Web Chaver partnership, which was a version or two behind. Downloading the product directly from the Covenant Eyes website was a more up-to-date version).

And regarding what you said about "Ever since I started up on GYE I developed an addiction, whereas beforehand I at least had very long breaks in between falls.". I've felt somewhat similar to that myself at times. I try to think about it as a sort of "last-ditch"-effort-by-lust/a candle is always brightest right before it extinguishes/insert-famous-phrase-along-those-lines type of scenario.

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Re: Yet another story..

Posted by peloni almoni - 08 Apr 2016 03:56

[m58yiw84niym wrote on 08 Apr 2016 03:52:](#)

for example, bang on the keyboard once or twice - sort of how I got my screen name

mmm hmmm

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Re: Yet another story..

Posted by Yaalzu - 20 Apr 2016 08:51

M58, thanks for the words of encouragement. I'm on the verge of giving up (whatever the heck that means...[no, not suicide ch"v]). I'm sick of it all. I'm not supposed to be where I am. However good I am doing, around the corner comes that moment where the world crumbles around you and nothing else. Nothing. No-thing. (Yes, yes, that's the wrong outlook, the wrong perspective, bla bla bla).

And as can be told from my tone, Yes, I am indeed after a fall. and another fall. and another. and I. am. sick. of. this.

I have changed my entire perspective recently, various works of mussar have helped etc (mesilas yesharim for example). It made it easier to cope and go on and keep improving after a fall. And then it happens again. Filters. And then another loophole from some old dusty device that wasn't 100% filtered from years ago.

I am sick of this. Is it my fault??? Have I not done the effort? time and again? I mean, really! how much can I be expected to suffer and try? I just want to live a normal life, do what normal people do, work without having to be dragged down. I am sick of it all, it's killing me, it's really really killing me inside.

I refuse to do live meetings or phone calls or all that. I absolutely refuse. I was in a similar situation in the past, and I managed to get out of it for a significantly long time before a very specific occurrence happened, got some bad spiritual advice from someone and then the rest went haywire until today. I mean, it's ridiculous....my situation and all that...I wish I can be more specific but I'm very paranoid for my privacy.

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Re: Yet another story..

Posted by cordnoy - 20 Apr 2016 12:17

It should be B'hatzlachah.

Refusing certain assistance that may be beneficial is not what I would call "what am I expected to do?" I don't know your situation, but I know mine. It called for tools in recovery that I wasn't so comfortable taking, but the alternative sucked. I took them.

B'hatzlachah

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Re: Yet another story..

Posted by inastruggle - 20 Apr 2016 16:52

Did you try anything besides mussar and a filter?

If you haven't then I'm really not surprised you fell.

I don't know anyone that got helped by mussar, and certainly not by a filter.

Maybe you should ask for advice?

There are a lot of people here in the same boat as you. You can learn a thing or two.

If you aren't comfortable going to live meetings or calling then don't. No one is going to force you. You might not even be addicted despite the belief that you are.

As for privacy, don't post anything identifying. It really is as simple as that.

Hatzlacha

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Re: Yet another story..

Posted by Workingguy - 20 Apr 2016 22:02

[Yaalzu wrote on 20 Apr 2016 08:51:](#)

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There's a saying work smarter not harder. The phrase the oilam here uses when they're fighting with all their might is called "white knuckling". Most guys tell that are successful tell you they DON'T fight with all their might; they try NOT to fight at all by not getting into the ring with desire/lust/theYH.

So have you done the effort? I can't tell you that, but just because you're working very hard doesn't mean you've done everything you can, and possible, being successful means trying something DIFFERENT, not harder.

Also, by definition, by absolutely refusing to do certain things, can you really say you've tried your hardest? Are those things worse to you than the problems you have now?

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Re: Yet another story..

Posted by Yaalzu - 22 Apr 2016 10:25

Alright, alright, so I need to pull myself together...(I fell again last night by the way...big chidush).

I looked around more closely at the tools and have a gameplan set up for the future. For now I have already set up a shvua and had it checked out by The Guard. In fact this technique has very much helped in the past, only that I didn't do it properly and I am still now sort of uncertain if I have to do a hataras nedarim on what I did back then....

In any case BE"H may this itself be a big leap to success. I know that the biggest problem I have is at those moments when my taava is going crazy and I can't seem to deal with it, and I tell myself that I just have to let go and forget about it because that's better than having to fight it for so long. BE"H with the shvua I can hold off for long enough until I pull myself together and get back to business as usual. One of the problems I have is that I have to work with computers on a daily basis, and that itself is what causes my taava to rise. Back when I could hold up easily for weeks and even months at a time without a worry at all was when I didn't need the computer. BE"H may this succeed....

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Re: Yet another story..

Posted by inastruggle - 22 Apr 2016 16:27

I want to give you some good news. The way the tayvah works for most people is that for the first few days of being clean it gets stronger. Then it starts getting weaker and easier to resist. Eventually it's pretty easy to avoid falling because of tayvah alone.

There are other things to watch out for then, but for now just keep in mind that it will get easier.

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Stage 2

Posted by Yaalzu - 16 Jun 2016 18:12

Ok guys. I'm officially giving myself up to more options. It's just not cutting it. As long as there is internet, filter or not there will be weaknesses, and at the end of the day it will happen even

without the internet junk, though perhaps a bit easier to manage. And the shvua is a bit messy, so it helps but I can't rely solely on it because I guess I'm just a little bit too deep into it.

There is that one day which is filled with taavah, and eventually I just don't have the strength to keep the temptation up, and it can go on for the longest time without going away, and then I'll give in, and it will lead into a few days or more of a whole mess of falling and all that.

Please help me out, those of you who have experience, I'm completely lost. (and i dare all of those smartalecs to tell me that I have to be afraid of gehinom and realize what a horrible sin and all that. really, i dare you.)

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Re: Stage 2
Posted by cordnoy - 16 Jun 2016 19:57

Sorry to hear.

Are you still holdin' by the same refusals for help as you mentioned in an above post?

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Re: Stage 2
Posted by inastruggle - 17 Jun 2016 02:24

You might want to start by committing to come here daily instead of every few weeks. Its hard to see you getting help from gye if you only show up periodically.

(I know I didn't give any advice it'd be a waste if there isn't going to be follow up)

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Re: Stage 2
Posted by markz - 17 Jun 2016 02:41

committed. I completely agree to try to get in touch with someone but if you only talk to him periodically it isn't going to help too much either.

This issue needs work, not sporadic bursts of action.

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