

Could've been the 90th day

Posted by Joerandom - 28 Jan 2016 00:09

I started GYE exactly 90 days ago. At the time I was MB almost every day. I thought that I'd really make it to 90 days (haha good one...). I had my ups and downs. Had some good streaks and bad streaks but overall would obviously want to be able to get to 90 right now. I'm currently riding a 5 day streak and obviously hoping this time I'll get there.

I want to add that I have no internet capabilities on my phone at the moment, only email, whatsapp, some kosher apps (siddur Chumash, etc...) and the chizuk app where I access GYE. I have a computer with me as well but no internet capabilities where I am and when I have wifi I have web chaver.

That being said I somehow ALWAYS find a way to mess up and when I do it's generally downhill from there. My biggest struggle is that I'll find someone else's device completely unfiltered and "take advantage" of that opportunity or use my "mental library" of pornographic images. Any one have any tips for me or some chizuk, I could really use some in the thick of choref zman

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Re: Could've been the 90th day

Posted by markz - 28 Jan 2016 00:20

Joe, good to see you're sticking with us for the long haul

We "met" once on the forums 3 months ago.

Apparently you joined the 90 day chart. Was there any other Trucking tool you tried yet? And there are many

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Re: Could've been the 90th day

Posted by Joerandom - 28 Jan 2016 00:28

Well I'm happy because I for sure made progress. I was a little naive to think that I would just

stop and go cold turkey. I'm hoping I can get there.

I'll be honest though, I am extremely motivated to stop (I think) but there are still a lot of things I don't yet feel so comfortable doing. I for sure am cautious with ideas such as therapy and the phone calls (besides the fact that I don't have so much time, I'm in yeshiva and I try to learn as much as I can). I do, Baruch HaShem, have a strong chevra who has been helping a lot, and a rebbe/psychologists who is awesome and we talk about it as well from time to time (we learn also shor once a week so generally catch up then). But especially on weekends such as Friday through Motzei shabbas (MS is always a killer) where I'm off from yeshiva is where I get rocked every time.

But I will definitely say that although I am disappointed that I didn't make it to 90 days (not close really either) I will say that I learnt a lot from it and I am started to see patterns and which tactics worked and which didn't. But am definitely open to suggestions

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Re: Could've been the 90th day
Posted by markz - 28 Jan 2016 00:34

The fact you have open line with your Rebbe is impressive!

Look if the phone calls or therapy is too much, I understand

Warning: Spoiler!

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Re: Could've been the 90th day
Posted by Joerandom - 28 Jan 2016 00:42

Yes Baruch HaShem I think my yeshiva has been very helpful. In fact me and a chaver of mine were frustrated how taboo this topic was where we felt confident that so many kids were struggling but didn't feel confident enough to deal with it or were scared about allowing their struggle to be seen. So we have spoke to many of the rebbeim and Baruch HaShem the yeshiva is becoming more pro-active. In fact. As of last week there is a rebbe who is available for two hours to install netspark (idk if you have heard of it but supposedly is a new filter which is amazing) on anyone's phone and has even gotten a sponsor (it cost like 150 shekels a year) to sponsor kids for the first year.

One day at a time, and one Yid as well. We are all in this together and Maybe with the schism we can bring the geula (don't mind me I'm just getting very excited)

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Re: Could've been the 90th day
Posted by Shlomo24 - 28 Jan 2016 01:15

Much hatzlacha. I have been in the same situation as you in terms of internet access. I feel your frustration.

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Re: Could've been the 90th day
Posted by cordnoy - 28 Jan 2016 01:19

Welcome,

Continued hatzlachah.

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Re: Could've been the 90th day
Posted by markz - 28 Jan 2016 01:24

The word "Hatzlacha" is code for - I'm here for you - any questions? Fire away

If you see someone on this page said that code word, try to reach out to them, they will have sageous advice to your question above

"Continued Hatzlacha" is code for - Totally available for you with a cuppa coffee too - follow his TRUCK for great hatzlacha

Ps my mention of the code word was only in passing - it wasn't a code to crash into me or anything - whoops

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Re: Could've been the 90th day
Posted by iwant2begood - 28 Jan 2016 10:31

Welcome! I'm also a yeshiva bochur struggling with this addiction so your not alone. Bh today is day 43. I recently joined Doves phone Confrence it's totally awesome and helps you understand the addiction with a new look. I think you should join!

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Re: Could've been the 90th day
Posted by Eyeglasses - 28 Jan 2016 16:56

Why do our holy yeshive bochrim have phones? Gevalt.

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Re: Could've been the 90th day
Posted by Yesod - 28 Jan 2016 17:28

For the torah apps of course

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Re: Could've been the 90th day
Posted by Bigmoish - 28 Jan 2016 17:32

Are the phones causing them to act out? Or is their lust habit causing them to use phones wrong?

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Re: Could've been the 90th day
Posted by Eyeglasses - 28 Jan 2016 17:54

It's very scary where Yeshiva's are up to today.

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Re: Could've been the 90th day
Posted by markz - 28 Jan 2016 18:00

[Eyeglasses wrote on 28 Jan 2016 17:54:](#)

It's very scary where Yeshiva's are up to today.
It starts before Beis Medrash - and that's not in our control (each family is different)

There's only one thing in our control

The steering wheel

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Re: Could've been the 90th day
Posted by cordnoy - 28 Jan 2016 18:01

[Eyeglasses wrote on 28 Jan 2016 17:54:](#)

It's very scary where Yeshiva's are up to today.

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