

New to This

Posted by helpingyid - 07 Feb 2016 20:08

I'm 33 Married with Children. I have been falling on and off since I'm a bochur. I had some strong years where I thought this was all past me. Then somehow I would fall again. I am very tech savy and I somehow always find a way to get to places where I shouldn't.

I personally think (although the more modern ones will disagree) that my affinity to sports leads me to porn. There are times where I feel compleetly disinterested in not nice stuff but in my mind I say sports is okay because there is nothing wrong with it. The problem is that for me to get to sports I need an unblocked fliter. So I say to myself I just want to follow my teams not to look anywhere further. But at some point I give a peek, than it becomes a look and then its a full blown watch fest of the worst kinds.

The last time I fell (don't remember exactly but between 6-12 months ago) I said to myself that next time I fall I will be more active to try to stop including getting a partner.

But I'm terribly shy and embarrassed to do that in case the person will recognize me. But in the meantime I decided to try this 90day thing.

I'll try to keep everyone up to date with my challenge.

Wish me lots of Hatzlocho.

HelpingYid

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Re: New to This

Posted by cordnoy - 07 Feb 2016 20:12

Welcome,

im into sports as well.

if that's your feelin', you gotta make a decision.

b'hatzlachah

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Re: New to This

Posted by markz - 07 Feb 2016 20:19

Welcome!

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Re: New to This

Posted by doingtshuva - 07 Feb 2016 23:51

helpingyid, If I may ask.

You wrote - The problem is that for me to get to sports I need an unlocked filter.

Do you really need an unblocked filter to watch sports? have you ever tried putting a filter?

I understand the feeling of puting a Filter, we might miss out but you should ask yourself how important is being sober for you?

I can say that I gave up on many of my past habits including Tv Movies gatherings etc' for the sake of my sobriaty.

It takes time and you get use to live without them.

I'm for sports if it's clean, but it should stay by sports.

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Re: New to This

Posted by Shlomo24 - 08 Feb 2016 00:27

Welcome to the site. I am also into sports, (although I am not currently watching the super bowl). I echo what cords said, if sports is the problem then it's decision time.

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Re: New to This

Posted by helpingyid - 08 Feb 2016 22:02

Easier said than done. But you are right.

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Re: New to This

Posted by markz - 08 Feb 2016 22:08

I love sports - participating AND following

The thrill is watching someone take a crowd thrilling to standing ovation move

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Re: New to This

Posted by Josephsbrother - 09 Feb 2016 14:28

Lots of help here, just keep coming back.

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Re: New to This

Posted by Shlomo24 - 09 Feb 2016 15:19

[Josephsbrother wrote on Unknown:](#)

Lots of help here, just keep coming back.

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Re: New to This

Posted by helpingyid - 09 Feb 2016 18:44

Ok, I'm on my second day that I consider myself clean.

I have a conondrum. The word clean is really subjective. While we can all agree that porn sites are definitley unclean but what about sites that aren't porn. I'm sure this may have been brought up by now by others but what about Movies that are Rated R, PG-13 etc? Is that considred a fall? What if the R movie only has violence but almost no visual nakedness is that okay? What a Chasiddishe Rebbe would consider unclean is by me almost okay, but on the other hand I feel that staring at woman even if properly dressed is also likely assur so is that considered a fall?

Please help me out on this..

JB! I think that I finally understand a post of yours!

Thanks,

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Re: New to This

Posted by markz - 10 Feb 2016 04:11

I think your gut intuition is a great guiding light - mine would tell me the average R violent movie has some erotic content even if only minimal, and staring at women, is classic lusting too

If you're gonna try define your struggle by the rule book "is this considered a fall..." You may get left behind as we continue Trucking the long haul mile by smile

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Re: New to This

Posted by Shlomo24 - 10 Feb 2016 06:18

Clean in terms of GYE?

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Re: New to This

Posted by TalmidChaim - 10 Feb 2016 16:31

I would try to focus on the rulebook at first, honestly. It's pretty strict, and doesn't really offer a lot of leeway. There is a point at which being to strict could precipitate a backlash, so to speak. This has to be sustainable.

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Re: New to This

Posted by helpingyid - 10 Feb 2016 21:16

Ok, when you mentioned the rulebook I realized I may have missed them. So I looked and

found the rules (Yeah, how did I miss that?) and get the picture (no pun intended). Slips don't consititue a fall. Pretty fair.

Thanks everyone for the commends.

I do not believe I would be at Day 3 without this chart. So thanks GYE.

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