

hi

Posted by icanchange613 - 14 Apr 2016 23:14

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I have been using the internet to escape since probably 1998. Besides porn, excessive Facebook use (including talking to women) is about to cost me my marriage. I need help!!!

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Re: hi

Posted by Yoseph1 - 14 Apr 2016 23:52

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You're in the right place. I recently shut down my FB account. I had all these excuses as to why I couldn't, but I have found life to continue just fine without it. In fact I feel much better without it! It was a big distraction for me and triggered a lot of my behaviors.

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Re: hi

Posted by chacham atik - 15 Apr 2016 13:02

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i found for me that instagram and snapchat these type of photo social media is what messes me up i had 2 long streaks one of about 70 days and the other 30 days and thats what killed me so i deleted them from my phone for a few days to see what its like with out it and its true you feel sort good but i have like a fomo so i always end up redownloading them.

and i realized its not having it on your phone thats the problem

, social media is a escape bc you have nothing better to do when your in the bathroom so the first thing you tap is your social media, try getting in to books and magazines keep them in your bathroom and dont use your phone in the bathroom for 3 days small goal try that than try it again

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Re: hi

Posted by markz - 15 Apr 2016 13:08

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Welcome Old Sage

Keep sharing your chachma!!

If you're clever, I can show you how to start your very own personal thread, and I'd be happy to add my 2 cents there

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Re: hi

Posted by cordnoy - 15 Apr 2016 14:39

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Welcome to all three of you.

Please keep us posted about your successes and non-successes.

There is lots of good stuff splattered around this site.

B'hatzlachah

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Re: hi

Posted by chacham atik - 15 Apr 2016 14:46

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Is my post off subject?

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Re: hi

Posted by markz - 15 Apr 2016 15:03

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[chacham atik wrote:](#)

Is my post off subject?

It was totally on target

Keep on Trucking

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