

Road to 90 days (how I succeeded, and you can too)
Posted by Yosef Tikun HaYesod - 17 Nov 2016 07:53

I don't understand how being here is going to help.

Perhaps posting my progress and struggles will help other people.

Perhaps I'll receive encouragement and good advice and support.

I sincerely DOUBT that I can just succeed for 90 days (13 weeks),
just because I decide I want to, SINCE I've failed so many times
in the past. But maybe this time is different, because I will post here,
and have 2 experienced guys I've been emailing regularly.

B'ezras HaShem, I will finally succeed and break free from this bad habit.

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Re: going for 90 days (Feb. 20)
Posted by Yosef Tikun HaYesod - 16 Dec 2016 07:05

Yesterday, I failed. The yetzer hara took many steps and set up a lot of things,
and I fell right into the trap. Then, I came to my senses,
picked myself up again, and reached out to my 2 support buddies:

hello...

not doing too good.

Not feeling like it's even worth the effort to post my feelings and experiences.
could use a little/lot of help.

Thanks

Both guys told me that I'm making amazing progress and that I should definitely continue
posting.

It's helping me get my feelings out, and may very well help others who may read what I'm going through, my honest struggle, and ultimate success over this nisayon.

I even talked to one of them by phone, which seemed a little more real or urgent.

But it was pretty hard to write a post about failing, making myself so open and vulnerable.

I picked up the GYE book I had printed out and read the Attitudes part #23-30, which I knew, but reinforced that I just need to get up, not get discouraged, and move on.

I need to learn from my mistakes though and not keep repeating them.

So I analyzed the situation, the trap I fell for. Here's how it happened:

The yetzer hara tricked me with the time control safeguard thing on my computer.

I had a desire to go on the computer when it was the "wrong time" and to do so I had to put in the password. Once I did that, I watched streaming videos.

(I've watched streaming videos a lot in the past month, with all the bad/explicit sites blocked).

Then, I typed in a porn site, thinking it would be blocked, and wanting the security and good feeling of seeing the screen turn all green and say blocked (which although illogical, I've actually done several times in the past 35 days). Well, this time, unfortunately, now that I had inadvertently turned off **all** the controls, (when I put in the password to use the computer, outside of the time I had set it for, it turned off the "block all explicit/porn sites" too), so the inappropriate site popped right up.

Surprised, but not able to "X" it out, I fell for the 1st time in 35 days. I don't even think it was a test at that point. I don't remember deciding anything. I couldn't rip my clothes off fast enough.

Going forward, I think I should either be super strict with the time limits, so that I succeed and live my life, and am doing what I am supposed to be doing all the time throughout the day...

OR take off all streaming videos, but forget about the time limits, so that it is always available.

Concentrating on both things at once, was too strict and had the opposite effect!

(and I fell and watched porn and masturbated and wasted seed)!

I'm choosing the time limits, since this may help me get my life in order quicker.

Eventually, both are important.

Now, I have to be extra careful not to go on the computer outside of the times I set.

This was a setback, but I'm not giving up. I'm back on track and will break free.

Hopefully, it will only take me 90 more days to get to 90 days clean.

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Re: going for 90 days (Feb. 20)

Posted by shua73 - 16 Dec 2016 07:13

I would recommend posting/letting someone know when you feel like slipping instead of when you feel like falling. I did that and it worked for me yesterday. How's that for something new?
And good luck from group 196

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 16 Dec 2016 07:22

This is good advice...and I did this a few days ago, with great success.

Markz posted a response right away, and I got out of the danger zone and didn't fall.

But yesterday, I didn't feel like slipping or falling/failing.

This was a trap that I fell into by surprise.

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Re: going for 90 days (Feb. 20)

Posted by Shlomo24 - 16 Dec 2016 12:39

I'm impressed with the actions of recovery that you took such as reading and calling others.
Keep it up.

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Re: going for 90 days (Feb. 20)

Posted by Watson - 16 Dec 2016 14:46

Sorry to hear about your fall.

What do you take from this? What can you learn?

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 18 Dec 2016 01:00

I think I need to spend less time on the computer.

Being super strict with the time limits that I set...

and maybe giving my password control to my oldest son,

so that I can't change it, whenever I feel like it.

I'm VERY nervous to give away this control, though.

The beauty is that it will be a lot more likely that I'll be

where I am supposed to be, if/once I take the computer

out of the equation. Also, it will show him how much I value

learning with him, that I'm giving up the computer time,

in order for us to learn. Unfortunately, MANY times in the past,

I've given in to my desire to relax/unwind/enjoy myself with nonsense garbage

(bad habit) streaming videos, instead of spending real time with my family.

Setting real time controls that I can't change, should hopefully solve that problem.

It will also give me better sleep...

and make it far less likely that I will watch porn, masturbate, or waste seed,
since a lot of the time I seem to fail is when I am not doing what I am supposed
to be doing. I'm dragged after streaming videos into times when I should be doing
something else, living my life...and then, I sometimes get a thought to take it further
and watch porn and/or masturbate. The idea is to catch myself a step or two before
I may get triggered to act out, which should hopefully prevent me from acting out.
I am not giving up, but rather I am strengthening my efforts to learn from this failure
and succeed in the future. I'm trucking on my way to 90-days and beyond.

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Re: going for 90 days (Feb. 20)
Posted by Gevura Shebyesod - 18 Dec 2016 03:57

I don't know how old your son is, but do you want HIM to have password control of the computer
so he can do what he wants? A better idea (and maybe this is what you meant), is to have him
set HALF the password, so any changes need to be made by the 2 of you together. I have a
similar arrangement with my wife for all the devices in our house.

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Re: going for 90 days (Feb. 20)
Posted by Yosef Tikun HaYesod - 18 Dec 2016 05:00

That is **exactly** what I meant, even though I didn't write it correctly.

I would never allow him on the computer at all.

That is one bad habit that he is not going to have to fight to conquer.

We have never let the kids touch the computer.

I am going to type in words and then he is going to add several numbers

(that he will write down also, and not lose!)

But even this is risky that I will get locked out,

(because he might write it down on paper, different than on the computer

by mistake, or he may lose the paper).

But, I don't seem to be so good at sticking to the time limits,

(without changing them and messing up my day),

and I tried having my wife keep the password for me a few times,

with disastrous shalom bayis consequences.

My son will be a lot more reasonable if the time settings need to be changed.

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Re: going for 90 days (Feb. 20)

Posted by Markz - 18 Dec 2016 05:15

You're assuming that the computer is the big black bear you need to cage up and then you're safe. Is that guaranteed? I don't believe so

I used to go out in the middle of the night and purchase *** magazines in the phases that Internet was inaccessible to me.

If you're like me, we need something else to get our truck rolling

Also your idea is impractical if you need regular work related access to your PC

For me personally gye forum helps tremendously. But in my understanding that's not what works for most members here. They use other tools...

KOT

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 18 Dec 2016 05:32

You're right.

In the past, I have looked at catalogs,

before telling my wife that it's probably best

that we don't have any queen elizabeth catalogs in the house.

And I have even purchased magazines, as embarrassing as that is!

But the time controls should reduce the likelihood of me seeing any porn.

And the house has long been clean of any female pictures,

even land's end. So, the difficulty and the effort and embarrassment

involved in buying a magazine, makes it more likely that I will come to my senses,

before going to that extreme.

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Re: going for 90 days (Feb. 20)

Posted by jewishfiltergeek - 18 Dec 2016 05:42

Hi Yosef,

Perhaps setup up two separate systems. One that should filter your computer, that you shouldn't have access to the password. And use a separate program to set up time controls, which you should be able to optain the password when needed. Opening up the time limits should not allow you to open the filter.

Personally, I don't find restrictions to work for me... But each to their own.

Hatzlucha Rabba!

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 18 Dec 2016 07:05

Jewishfiltergeek, (if that's how you want me to call you) you are right.

I'm sure it is possible to have 2 completely separate controls,

1 for content and 1 for time limits, each with different passwords,

and that may even be a good idea,

but I'm not that computer savvy to know how to do it...

so I think I'm going to stick with my "workaround".

Cord, couldn't you at least change it to queen victoria?

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Re: going for 90 days (Feb. 20)

Posted by Watson - 18 Dec 2016 08:01

[Yosef Tikun HaYesod wrote on 18 Dec 2016 01:00:](#)

giving my password control to my oldest son

To me that sounds very unfair. Why should he have to take care of his father? Get a chaver!

Scary stuff.

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Re: going for 90 days (Feb. 20)
Posted by Watson - 18 Dec 2016 11:22

[Yosef Tikun HaYesod wrote on 18 Dec 2016 01:00:](#)

I think I need to spend less time on the computer.

Being super strict with the time limits that I set...

and maybe giving my password control

I found that changing the externals didn't work for me.

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