

On the shoulders of those before me
Posted by LifneiHashem - 20 Nov 2016 20:53

Hi all,

I have been reading a lot of forums and found them to be at times a source of chizuk, as well as upsetting, at times.

Like so many others here, my struggles with P&M started in my early teens and continued until now. I assumed it would stop by itself when I got married, but here I am 10 years later and obviously that didn't happen. We didn't have internet for several years, so the while always an issue, it wasn't encroaching on my life on a regular basis.

About 3 years ago we got internet. It was a relatively slow progression, but at some point it became a nightly pasttime, causing a lot of wasted time and not enough sleep. This lead to missing minyanim on a pretty regular basis. The nightly watching was not exclusively x rated. I also started watching a lot of streaming TV. (I grew up on TV but moved more to the "right" in my late teens and "officially" stopped watching TV. However, over all the years I always kept an ear open to what was going on in pop culture.)

I tried stopping a few times over the years, but never with any success. At some point I realized this is a real issue and I can't just stop on my own. It was beginning to take ovr my life, and I was no longer really connecting to my family, that I could be in the room with them, at the shabbos table, but not really *there*. This past Rosh chodesh Elul I decided to stop for good and signed up on GYE a few days later.

BH now I'm at day 77, which I'm sure is my longest ever. GYE taught me that if I want to stop acting out, first I actually have to *guard my eyes*. I know this is really obvious, but for the longest time I felt that the acting out could be an isolated issue, and there was no need to stop looking at whatever crossed my path, and of course my favorite tv shows. I learned from previous posters the importance of avoiding triggers and the slippery slope.

Things have been going pretty smoothly, & I can honestly say I that for most of the past 2 1/2 months I had minimal desire to act out. I was tempted to believe that I was "cured", but after reading so many other people's experiences, I knew not to be fooled and i needed to keep my up my gaurd.

The reason I'm finally posting now is because today I am really, really struggling, and could really use some chizuk!

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Re: On the shoulders of those before me
Posted by Shlomo24 - 13 Dec 2016 11:58

For me, YouTube alone isn't a trigger. However, there are many videos with sexual content (sexual humor or innuendo) that affects me negatively so I try to avoid them. I used to watch them anyways, my rational was that it wasn't going to affect me that much. But now I have a zero-lust policy and sobriety comes first. Even before YouTube videos.

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Re: On the shoulders of those before me
Posted by Markz - 13 Dec 2016 14:45

[LifneiHashem wrote on 13 Dec 2016 00:46:](#)

Hello, it's been a little while but I just wanted to check in with a few updates:

- 1) spiders are far more interesting than hyenas.
- 2) today is day 100. I vote to change 90 day chart to 100 days. It has a better ring to it.

Shlomo will say 1 day has a nicer ring to it



You're doing great

KEEP ON TRUCKING!!!!

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Re: On the shoulders of those before me

Posted by YidFromMonsey - 13 Dec 2016 15:07

[LifneiHashem wrote on 13 Dec 2016 00:46:](#)

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Mazel Tov!!!!

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Re: On the shoulders of those before me
Posted by TzedekChaim - 13 Dec 2016 15:37

I've had a rough patch with youtube. My policy is never to go on it. Ever. There's too many videos. It's too much. Any innocent search can send you packing.

My analogy is the gorge. But there's no rickety footbridge. There's a zipline. But the handles aren't handles. They're nuclear weapons. And very sensitive ones at that. So you're stuffed. Squeeze too hard and you blow up. Ease up and you fall to a gruesome death. You need a masterful balance. But you need experience, lots of it. There's no salvation here.

I hear yah, Singularity. My youtube has no thumbnails which I find to the first hook. And it won't let me load any videos in all except 4 categories. Regular youtube always puts the "trending" videos upfront and in the recommendations list and those usually are inappropriate and voyeuristic. And of course, just frivolous browsing on youtube to pass the time is a big NoNo,

Congrats, Lifnei Hashem! Let the One day Trucking service continue. In business already 100+

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Re: On the shoulders of those before me
Posted by Workingguy - 13 Dec 2016 16:21

Tzedek,

What system/filter do you use that can do that? I'm looking for a better system than I have right now. I don't generally go to YouTube these days but sometimes yes and I would love something like that.

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Re: On the shoulders of those before me
Posted by TzedekChaim - 13 Dec 2016 17:37

To quote myself from above:

ps. I have found for youtube (i generally need it for educational videos on math and stuff) what I do is use the blocksi web filter (it is an extension for chrome) and it has a youtube by category filter. It is not that hard to get around a chrome extension filter if one wants to, BUT if the filter in your head is working, when you browse to categories of videos to just aimlessly fill time, it will block the video. It lets you know that this video is not a reason you need to be on youtube. I can say that it has saved me tons of time. IF someone emails me a you tube video and i open it and it gets blocked, I know that I don't need to see it. (I have disabled all but four categories of videos and It still gives me access to nearly all the math vids that I need) Just something I find helpful.

pps, for youtube, sometimes what gets people is the thumbnails, you can disable them by turning off images for youtube (either in a filter, or in the chrome settings). Another way to get rid of them without messing up button images for the menu and such is to use the adblock chrome extension and select one of the thumbnails and set it as an ad. Then all the thumbnails will be blocked w/o affected the titles of the recommended movies. Those are my youtube settings, and

without them I would be quite nervous going on youtube, in the same way I would be nervous about walking on a rickety footbridge across a deep gorge. I might make it but maybe I wont.

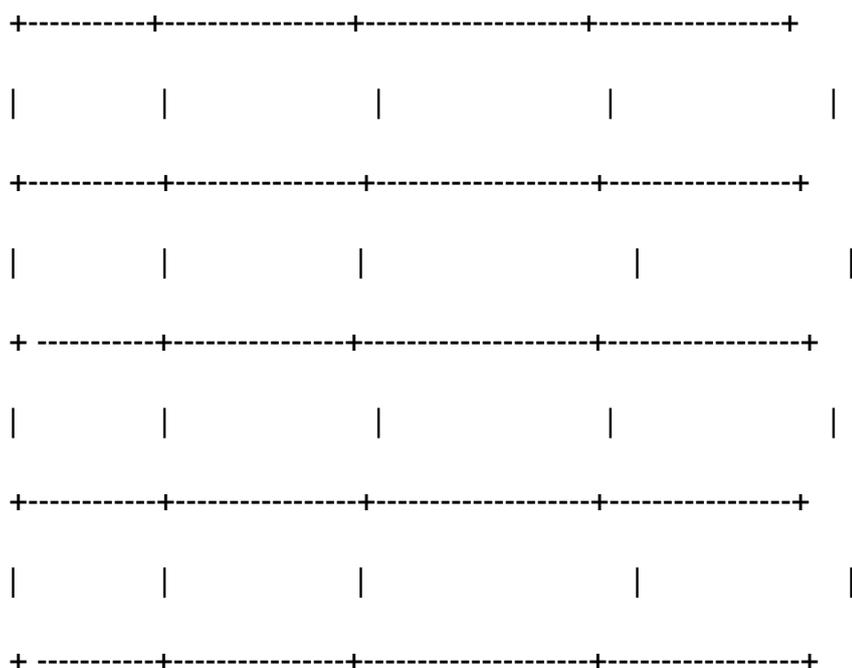
I should probably make a tutorial on this at some point if people would find it helpful.

Just some additional notes:

1) you need the chrome browser for this to work (maybe firefox has the same extensions, but I haven't looked into it.)

2) There is also a way to set the video wall that shows up ontop of a youtube video once it finishes. I did manage to block this as well with adblock, but I don't remember how I did it. (I think the same as with the thumbnails just right click on one of the panels that show up on the video)

eg.



vihameivin yavin... (though feel free to ask me questions on it)

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Re: On the shoulders of those before me
Posted by LifneiHashem - 13 Dec 2016 18:02

[Singularity wrote:](#)

[LifneiHashem wrote:](#)

Female hyenas have an appendage similar to the male member making childbirth quite difficult. Both sexes do a dance with erections to greet each other.

I rest my case. Stick with spiders.

No wonder they're always so edgy.

Wow. Triple figures. Massive Mazeltov! May we all be Zoche.

Re your Youtube battles: a site called 613tube.com helps a little bit....

Those are my youtube settings, and without them I would be quite nervous going on youtube, in the same way I would be nervous about walking on a rickety footbridge across a deep gorge. I might make it but maybe I wont.

I've had a rough patch with youtube. My policy is never to go on it. Ever. There's too many videos. It's too much. Any innocent search can send you packing.

My analogy is the gorge. But there's no rickety footbridge. There's a zipline. But the handles aren't handles. They're nuclear weapons. And very sensitive ones at that. So you're stuffed. Squeeze too hard and you blow up. Ease up and you fall to a gruesome death. You need a

masterful balance. But you need experience, lots of it. There's no salvation here.

I would have to agree with the zip line analogy. The only thing I would add is sometimes you walk that tightrope with a finger on the nuke trigger looking for a reason to fire.

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Re: On the shoulders of those before me
Posted by TzedekChaim - 13 Dec 2016 22:29

I would have to agree with the zip line analogy. The only thing I would add is sometimes you walk that tightrope with a finger on the nuke trigger looking for a reason to fire.

I don't know about that. Markz said, in response to me putting on sunglasses with tape as blinders in public, said that it won't solve the problem if the world out there is an evil place (don't remember the exact lashon and sorry markz if I'm taking what you said out of context or stretching it too far). I think that the footbridge is a better analogy because if it is necessary for whatever reason to get across you can and will do it. However, you would much rather avoid it if you could. The same way, if you go on youtube for a necessary purpose (one can argue if there is ever a necessity for it) it is still a very dangerous situation and even proceeding with the most caution may not be enough. However, if said youtube has been handicapped a lot, then the only time it works is for the times that you need it and during said times it is reasonably safe, so long as the filter in your head is working and that you are not using the opportunity of going to youtube as an excuse to act out, which it never is.

Just to clarify, if when you go out into the real world or the web world you are looking for a reason to act out (going online when bored is no different in my mind) then one has already lost the battle.

Sincere apologies if I was too frank in this post. And if i totally missed the actual point of

All the best and keep trucking!

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discussion.

Re: On the shoulders of those before me
Posted by Singularity - 14 Dec 2016 07:51

[Markz wrote on 13 Dec 2016 14:45:](#)

[LifneiHashem wrote on 13 Dec 2016 00:46:](#)

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You're doing great

KEEP ON TRUCKING!!!!

Risky endeavour, contending with King Solomon, Markz! But I admire your forwardness.

@Tzedek: If the only way to get somewhere is to enter a village of idol worshippers where they will for sure make you bow down to an idol, then *vadai* it's *assur*, no? Now the question is, is youtube on that level or not?

What maths videos? There are many sites that have maths tutorials without videos, sometimes even with them! No?

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Re: On the shoulders of those before me
Posted by TzedekChaim - 14 Dec 2016 15:54

Good point, Singularity.

I agree that it is a question of whether it is on that level. I would contend with the level of blockage that I have done it is not even close to that level. (I would show you a screenshot of what I mean but, gye, for good reason, doesn't allow user image uploads).

very briefly again, I do use youtube as well as may other educational websites for my school work. (computer engineering senior level). If someone has no need for it, OR does not put up enough of a filter/block/modification of youtube, to fix whatever the problem for them with it is then of course, one should not venture onto youtube, nor enter said city (even if they are giving out FREE cookies

) But if said city has been modified, and all of the idol worshipers are now blind, deaf, and dumb, and quadriplegic, and invisible, than entering the city is probably fine for the limited time that there is a need for it.

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Re: On the shoulders of those before me
Posted by Singularity - 15 Dec 2016 09:33

Touche.

Unless the air has a status of *Issur hano'ah*.

Looks like you know yourself! *Da'as Atzmo* is the first step in *Avodas Hashem*. KOT!

And perhaps that's why Hashem puts in a lot of grey areas in life. So it will be *Assur* for some and *Mutar* for others. Based on our predisposition. For me, and me alone, Youtube is *Avodah Zorah*. Even just the fact that the front page loads releases truckloads of dopamine in my brain. It's scary.

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Re: On the shoulders of those before me
Posted by cordnoy - 15 Dec 2016 20:10

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Re: On the shoulders of those before me
Posted by LifneiHashem - 15 Dec 2016 22:20

Cordnoy please explain (3 sentence minimum please)

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