

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 realsimcha - 15 Dec 2016 22:50

the reshus shows that its not just about doing the job ... it means more to me

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Re: On the shoulders of those before me
Posted by TzedekChaim - 15 Dec 2016 23:53

@Singularity: I think I do, at least for this. That does not mean that it isn't important to constantly be reminded that were the circumstances slightly different I might be dead. And I think that even **with** the precautions that I have taken if I had no need for youtube, I would blacklist it completely.

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Re: On the shoulders of those before me
Posted by LifneiHashem - 18 Dec 2016 23:38

On the topic of YouTube, did anyone see the latest GYE email? Videos coming to GYE!!! Very exciting. Currently videos only related to addiction, but I'm hoping it will be expanded to include other videos as well (such as spiders and/or hyenas)

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Re: On the shoulders of those before me
Posted by cordnoy - 19 Dec 2016 01:49

So thank you for the reality check
[LifneiHashem wrote on 18 Dec 2016 23:38:](#)

On the topic of YouTube, did anyone see the latest GYE email? Videos coming to GYE!!! Very exciting. Currently videos only related to addiction, but I'm hoping it will be expanded to include other videos as well (such as spiders and/or hyenas)

No matter how many tigers, buffalo, leopard, bears and more videos I watch, I always go back to the lions.

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Re: On the shoulders of those before me
Posted by Singularity - 19 Dec 2016 08:08

[LifneiHashem wrote on 18 Dec 2016 23:38:](#)

On the topic of YouTube, did anyone see the latest GYE email? Videos coming to GYE!!! Very exciting. Currently videos only related to addiction, but I'm hoping it will be expanded to include other videos as well (such as spiders and/or hyenas)

Get some maths videos in there, too.

LOVING the new site!!

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Re: On the shoulders of those before me
Posted by LifneiHashem - 25 Dec 2016 05:41

I avoided going to the dentist for 15 years or so. I knew my teeth were in bad shape and just didn't want to deal with it. Then the pain became worse and worse, and I knew I couldn't procrastinate anymore. I was sure I was in for root canals, oral surgery, and possibly dentures. So I went. But guess what? It wasn't that bad. Sure, I needed a cleaning, a deep painful cleaning. Plus a filling or 2. But that's it. I was sent home with my toothbrush and reminded to floss and brush daily.

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Re: On the shoulders of those before me
Posted by cordnoy - 25 Dec 2016 17:48

[LifneiHashem wrote on 25 Dec 2016 05:41:](#)

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We are anxiously awaitin' the nimshal.

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Re: On the shoulders of those before me
Posted by will Succeed Beh - 25 Dec 2016 19:22

I think the *Nimshal* is, that he was so exited about this, he decided to share it with us!

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Re: On the shoulders of those before me
Posted by Shlomo24 - 25 Dec 2016 20:11

[cordnoy wrote on 25 Dec 2016 17:48:](#)

[LifneiHashem wrote on 25 Dec 2016 05:41:](#)

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It's a bird! It's a plane! It's over your head!

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Re: On the shoulders of those before me
Posted by cordnoy - 25 Dec 2016 20:26

[Shlomo24 wrote on 25 Dec 2016 20:11:](#)

[cordnoy wrote on 25 Dec 2016 17:48:](#)

[LifneiHashem wrote on 25 Dec 2016 05:41:](#)

I avoided going to the dentist for 15 years or so. I knew my teeth were in bad shape and just didn't want to deal with it. Then the pain became worse and worse, and I knew I couldn't procrastinate anymore. I was sure I was in for root canals, oral surgery, and possibly dentures. So I went. But guess what? It wasn't that bad. Sure, I needed a cleaning, a deep painful cleaning. Plus a filling or 2. But that's it. I was sent home with my toothbrush and reminded to floss and brush daily.

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Actually, I have a few ideas of my own, but I wanted to hear his point, if he had one.

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Re: On the shoulders of those before me
Posted by LifneiHashem - 25 Dec 2016 20:36

Hesitated to write nimshal mefurash because probably wouldn't be able to express it clearly & would be misunderstood. I'd love to hear other people's pshat and comments.

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Re: On the shoulders of those before me
Plus much more entertaining this way.
Posted by Meier - 25 Dec 2016 20:42

Once courage is found Etc etc.....

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Re: On the shoulders of those before me
Posted by cordnoy - 25 Dec 2016 20:48

[LifneiHashem wrote on 25 Dec 2016 20:36:](#)

Hesitated to write nimshal mefurash because probably wouldn't be able to express it clearly & would be misunderstood. I'd love to hear other people's pshat and comments.

You wrote the mashal, and you want others to write the nimshal!?

Il, for one, will not take the bait.

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Re: On the shoulders of those before me
Posted by Shlomo24 - 25 Dec 2016 21:07

I didn't realize there was a nimshal. Ummm... That we should floss?

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