

The Road To Being Honest With Myself (and others:)

Posted by Hakolhevel - 19 Feb 2017 04:23

In Short I had issues for about 5 years. When I started dating I stopped, and I was clean for a few years. In the last half a year everything has been coming back, and I don't think I need to enumerate here on this forum, everybody knows what its like, you struggle you fall you fell terrible yada yada yada. Just goes to show once an addict always an addict.

Anyway that's not the point. The point is that coming here and reading the forums has opened up great insight about myself, particularly reading some of Dov's long posts. So I will give you some background, and hopefully you will all help

I feel like I'm in a place right now where if I wanted to stop myself I can (and I do much of the time). The problem is I know what will stop me and I choose not to use those tools? I guess in general that's the problem, it boils down to how much do we really not want to do it. Do we not want to do it just because it makes you feel terrible afterwards/don't like the consequences. If that is the case I think we are doomed to fail, but unfortunately that is where I feel I am right now:cry: As dov put it best in the following quote

Warning: Spoiler!

Anyway I know it was a long rant (for me), I guess the question how do you open yourself up and truly change the way you think? Especially when it's not a lack of knowledge but a change of perspective?

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Re: The Road To Being Honest With Myself (and others:)
Posted by cordnoy - 06 Jul 2023 10:20

[Hakolhevel wrote on 06 Jul 2023 05:45:](#)

@cordnoy does knowing good and well what would happen prevent us from going ahead?
There's a reason most people continuously act out despite that knowledge. My question would be, for those who stop, what changed?

@Richtig, right now I'm just noticing the voice, not doing anything about it other than exactly that, noticing it.

Yes, it can; perhaps with a program.

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Re: The Road To Being Honest With Myself (and others:)
Posted by chaimoigen - 06 Jul 2023 16:17

Noticing can make a difference.

Because there's a part of you that is higher and deeper that is observing, noticing the other

part.... That's the part of you that **doesn't want** to fall. And you don't have to!

But you need to take this moment to set things up for when it (almost certainly) will grow from a voice to an urge, for when the voices in your head will mingle, and the Ratzon starts to change...

Lots of tools for that here. Most of them work better with advance awareness.

Reaching out to a friend for help is the strongest, even if it's hard. [Markz says that the opposite of addiction is [b]connection. I have not stopped thinking about that one...] There are special people here who can really help, and being connected in and of itself always helps....

And, most importantly, ask for help from the Rebono Shel Olam. It works - He's waiting for us to ask..... He can and will help us with what we cannot do alone!

Of course, the deeper work involves working on the positive. Why do I want to be clean? Figuring out what is making you look for a "little excitement". What is excitement and satisfaction for you, or lack thereof? Asking- "Is something pushing me down the slippery slope?" Offense! Not just defense.

I think this is what Cordnoy is hinting at [along with the need for the Program] - he can articulate it far better than me, but will probably just hint...

Here's a warm hand on your shoulder, from a fellow-sufferer... Feeling you,,,

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Re: The Road To Being Honest With Myself (and others:)
Posted by Hakolhevel - 07 Jul 2023 03:32

I think any program needs some form of fellowship. Mentors and fellow travelers.

I've been doing the F2F program, though unless you live in a town with group meetings, the

program seems very disorganized, and the forum there is close to dead.

It has potential, and a lot of great stuff.

Maybe I need to be like cords. If you don't like what's out there, make your own phone call group.

It's a thought.

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Re: The Road To Being Honest With Myself (and others:)
Posted by Markz - 07 Jul 2023 05:35

[Hakolhevel wrote on 07 Jul 2023 03:32:](#)

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Re: The Road To Being Honest With Myself (and others:)

Posted by Hakolhevel - 11 Jul 2023 00:23

[Hakolhevel wrote on 22 Feb 2022 13:34:](#)

So I fell last night. I had the longest streak that I've had in a while, 22 days. I ended my dopamine fast a day or two ago, maybe that contributed, I'm not sure. Regardless I'm going to renew it.

?Either way, I'm happy I went so long despite having had many temptations in between.

My next goal is to go at least a month, one day at a time.

Hatzlacha to us all.

Not planning on a repeat.

I like my life without porn.

Love y'all

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Re: The Road To Being Honest With Myself (and others:)

Posted by chaimoigen - 11 Jul 2023 07:00

[Hakolhevel wrote on 11 Jul 2023 00:23:](#)

I like my life without porn.

Love y'all

I love it, friend. Something to LIVE for, not just something to run away from.

It's a wonderful life.

Keep soaring!

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Re: The Road To Being Honest With Myself (and others:)

Posted by Hakolhevel - 12 Jul 2023 00:49

Ive been clean for 22 days before, but this time feels different...

Warning: Spoiler!

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Re: The Road To Being Honest With Myself (and others:)
Posted by Grant400 - 12 Jul 2023 17:36

[Hakolhevel wrote on 12 Jul 2023 00:49:](#)

Ive been clean for 22 days before, but this time **I'M** different...

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Re: The Road To Being Honest With Myself (and others:)
Posted by Hakolhevel - 25 Jul 2023 01:40

Hashem has been so kind to me. Chasdei Hashem Ki Lo Tamnu.

He has given me more than I deserve, including now 35 days free from my mind prison.

Thank you Hashem.

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Re: The Road To Being Honest With Myself (and others:)
Posted by Hakolhevel - 28 Jul 2023 20:40

At 39

Will 40 be ~~chet ha'ege~~ Luchos Shnios?

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Re: The Road To Being Honest With Myself (and others:)

Posted by Emes-a-Yid - 28 Jul 2023 22:54

[Hakolhevel wrote on 25 Jul 2023 01:40:](#)

Hashem has been so kind to me. Chasdei Hashem Ki Lo Tamnu.

He has given me more than I deserve, including now 35 days free from my mind prison.

Thank you Hashem.

Great humor, it helps to always be cheerful and positive bhatzlacha

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Re: The Road To Being Honest With Myself (and others:)

Posted by Hakolhevel - 16 Oct 2023 04:39

Hi friend's! Some filter advice please.

I've been using webchaver, which has filtering and screen monitoring.

So even though I know the some ways around the filter, the screen monitoring and reporting to the chaver can catch those

Here's the problem, its become very glitchy, and at times I have to uninstall it

Are there any good alternatives out there? (Bonus if it doesn't break the bank:)

I have android.

Thanks friends!

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Re: The Road To Being Honest With Myself (and others:)
Posted by lionking - 16 Oct 2023 13:56

Truple is more stable than webchaver.

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Re: The Road To Being Honest With Myself (and others:)
Posted by Hakolhevel - 17 Oct 2023 03:11

Thanks!

I see though it doesn't offer filtering for computers.

However, I can keep webchaver for the computers, as it seems more stable, and more tamper proof on the desktop.

Have you used it yourself?

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