

Spotify and Football

Posted by yosef10 - 06 Dec 2017 20:44

I have a question.B"h I've made it 76 days... It's one of the hardest things I've ever done, and im highly anticipating day 90. One of the main things I have done to accomplish getting this far was making a lot of drastic lifestyle changes. I locked the internet app and app store off my phone, put a strong filter on my computer, I started fortify, am in contact with a partner, and I've tried to have restraint on certain basic things in my life to practice restraint, like not eating cookies (on the outside my mom thinks I'm crazy for not eating cookies and all of the stuff like that) I also listen to the chizuk messages and read the emails every day. So pretty much I made a lot of changes.After thinking about it though, now being day 76...I watch football on Sundays to take a mental break from my very busy week. Its a time for me to chill and just relax, i need the break. But sometimes not tzniut things come up. I usually switch the channel right away, but I know what was coming.Also I have spotify, which is a music listening app, sometimes there are not kosher pictures on the opening page. I switch it right away, but once again I know what I saw. Also on spotify there is a feature to look people up and you can see pictures of girls, some are probably not tzniut, I'm not sure though...For both of them the damage is done even if I switch right away.It would really be hard to cut these things out. Football has been a really good outlet for me, and I use spotify to listen to music all the time and it can get me in a good mood when I'm down. It also helps me get into the spirit of shabbos and really enhances my whole shabbos. They both played a small role in getting me this far.Pretty much the over arching question is do i have to cut these out too. I really would rather not because they sometimes they just get me through the week. Football is a big outlet for me. Also, I invested a lot of time in compiling all of the Jewish music I listen to into one playlist spotify, and it would cost a lot of money, on spotify its free.My mom says Im way extream with everything and am too hard in myslef...But she has no idea what I was (am) like. Let's just say that I was addicted for about 4 years and I could not stop. Stopping the past few weeks has taken so much effort and sacrifice. It's the hardest thing I've ever been through, and I've been through a lot in my life. I know its been a gift from Hashem and I must do everything in my power to keep it... I must do it for myself, those around me, and my future wife B"h.I just want to make sure I solidify my long term success, and stopping these may be very extream. But I know very well, even after day 76 when i think im stable, that it could just be my taiva talking and eventually I'll fall because of something stupid... I may be shooting my own foot.I know for a fact that I am at least biased because i do enjoy them both very much.Thoughts?Ps. My mom doesn't know about my "struggles"

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Re: Spotify and Football

Posted by Markz - 08 Dec 2017 18:25

[yosef10 wrote on 08 Dec 2017 04:47:](#)

What therapist?

Being hard on yourself at your mothers request to eat a cookie needs your Rebbi to suggest that. She doesn't really need to know about your private commitment like this. Next time she offers you one, take it and say thanks!

About therapy - please re-read your thread from the beginning and decide for yourself if you need it

Hatzlacha ;-)

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Re: Spotify and Football

Posted by ColinColin - 10 Dec 2017 01:30

If you listen to music on Soundcloud and Bandcamp on a web page on a computer you don't have to view much in the way of images, normally just an album cover and soundwave.

They are free too.

So you could open them, then open another window and just listen to the music without the images being on show.

This could work for youtube too where you could minimise the youtube window and have another window open while the video plays.

I don't know how they work on an app though.

I do not know what music you are listening to but if it is Jewish music the videos are usually without any controversial images, just a few guys with white shirts and beards playing instruments.

Do not be excessively hard on yourself.

Discipline is essential, but not punishing yourself.

Have joy in your life...that is a key component of Judaism, and the Breslov Hasidic approach is very much about this.

There is a Rabbi called Rabbi Lazer Brody who works with Rabbi Shalom Arush, they write about joy a lot and explain the teachings of Rebbe Nachman of Breslov.

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Re: Spotify and Football

Posted by youcan - 10 Dec 2017 07:39

First of all you're amazing! You basically did all you could & should, with tremendous results! Congratulations!

If you feel it's really important to you, maybe watch football with a friend etc., I think in that way the nisayon is much less.

Also, there are many free Jewish music apps, try them. I think if you'll like one of them you'll be really happy..

Keep on! You really inspired me!

Good luck!

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