

enough is enough, its time to say good bye
Posted by Chabad chassid - 06 Sep 2018 05:06

i started watching porn over 3 years ago. zera livatala started over 2 years ago. with the help of some advice from others i managed to have a few long clean streaks. but since pesach this year i fell back down deep. i decided to try all the tools this time. i want to also keep in touch with anyone who i can. feel free to email me at chabadchassid770@gmail.com. and i will try to post every day on the forum - if i had struggles, slips, falls chas vishalam. to be totally open. hoping to break free for good this time. (and if i fall, to raise myself backup)

=====

Re: enough is enough, its time to say good bye
Posted by ???? ???? - 06 Sep 2018 10:02

with such honesty -i'm sure you'll win!

keep it up by staying in touch.

Hashem should help you!

=====

Re: enough is enough, its time to say good bye
Posted by Chabad chassid - 07 Sep 2018 01:52

today i was very careful in shmiras enayim when i walked in the street. i made a hachlata to give myself one dollar to use for whatever i want to buy (i'm a buchur so i don't need to buy anything. what i need - clothes etc. my father pays for b"h) every time i walk in the street and don't look intentionally at women. (i heard this idea on a speech from rabbi ephraim wachsmann - by the big asifa in citi field in 5772 (its on this website - guardyoureyes)) but i had a slip today - i got myself hard with my hands. but i got busy and stayed clean.

=====

Re: enough is enough, its time to say good bye
Posted by Hashem Help Me - 07 Sep 2018 04:01

welcome. it should be with hatzlocha!

=====

=====

Re: enough is enough, its time to say good bye
Posted by Chabad chassid - 09 Sep 2018 19:53

On Friday I had access to a blackberry laying around my house, and fell. On motzuai shabbos I fell again with the blackberry. Now the blackberry is locked up. I hope I'll be able to stay clean now. I made another double edged taphsic shvua- cuz the last one ended when I needed to do the big Kinas. Ksiva vachasima Tovah everyone!!!

=====

=====

Re: enough is enough, its time to say good bye
Posted by Singularity - 14 Sep 2018 09:46

My taphsic shevuos usually end with my pants down. Eep.

Fresh fruit around the house. get rid of it. I usually lock up technical devices when I've had enough of them and only then.

=====

=====

Re: enough is enough, its time to say good bye
Posted by Hashem Help Me - 16 Sep 2018 14:24

The best advice is avoidance. Internet should only be used for absolute necessity, not for entertainment or "chill" time. If necessary purchase some kosher videos and watch them off line. Instead of Taphsic for watching pornography, write up a contract that you will knas yourself for using a computer with unfiltered access **even for kosher use**. Learn that such computers are muktza and are assur to have yichud with. BH i am clean 640 days. I am not ashamed to say that if i was left alone with an unfiltered computer, i would probably fall. Hashem wants me to protect myself and keep away. Maybe the day will come that i will be able to confidently use an unfiltered computer, maybe it won't. What difference does it make? Hatzlocha buddy.

=====

=====