

Today is the day

Posted by in\_ardua\_tendit - 31 Dec 2020 21:50

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I have never publicly committed to starting a 90-day period of abstinence/sobriety here, so here goes: As of today, I will not seek out and view inappropriate material, or masturbate to inappropriate material or to fantasized images of inappropriate material. I will write in my journal every day about how this is going for me. I will create a change plan and implement it. Please let me know if you have other suggestions about how to find success. Happy New Year to all.

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Re: Today is the day

Posted by #makelifegreatagain - 21 Mar 2021 16:32

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"What then?"

that's actually a good question to ask yourself. I suggest you think about all the things you could be doing that Twitter gets in the way of. Also, since both porn and twitter are addictions you can use the same ideas to help get rid of them. For example, know how you can make a list of all the reasons why porn is bad and why you don't want to do it? Try that with Twitter. Obviously they're not the same, of course you'll find lots of positives to keeping twitter. But once you do some serious thinking you might start to realize that maybe it has more Cons than you thought. Go for it, and maybe let us know what you come up with.

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Re: Today is the day

Posted by in\_ardua\_tendit - 23 Mar 2021 15:31

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Okay guys, I did a big thing today and blocked Twitter on my phone with the filter (the website and the app). I also blocked another app which allowed access to pornographic content. I had a fall this morning but I don't want to keep doing that. And I don't want to keep wasting so much time on twitter. My hand goes to the phone to unlock it and open the twitter app even now that it is gone, while I am sitting at my desk in front of my work computer. I realized that it really is like an addiction. For example, I did not go to sleep for about 45 minutes last night because I was on Twitter. And even if I had been reading instead, at least I would have been reading, and I would have gone to sleep earlier, probably, because I get tired eventually reading in a way I do not when anticipating the dopamine buzz of twitter news and twitter interactions.

Thanks to everyone who reached out to give suggestions and chizuk.

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Re: Today is the day

Posted by YeshivaGuy - 23 Mar 2021 15:43

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[in\\_ardua\\_tendit wrote on 23 Mar 2021 15:31:](#)

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Thanks to everyone who reached out to give suggestions and chizuk.

Wow, I'm very impressed. Very choshuv. You're a true Ben Chorin.

Keep shteiging and keep in touch!

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Re: Today is the day

Posted by #makelifegreatagain - 23 Mar 2021 22:19

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I am so happy that you made this decision! I think you're now one step closer to your dream!

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Re: Today is the day

Posted by Striving Avreich - 31 Mar 2021 21:05

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[in\\_ardua\\_tendit wrote on 23 Mar 2021 15:31:](#)

Okay guys, I did a big thing today and blocked Twitter on my phone with the filter (the website and the app). I also blocked another app which allowed access to pornographic content. I had a fall this morning but I don't want to keep doing that. And I don't want to keep wasting so much time on twitter. My hand goes to the phone to unlock it and open the twitter app even now that it is gone, while I am sitting at my desk in front of my work computer. I realized that it really is like an addiction. For example, I did not go to sleep for about 45 minutes last night because I was on Twitter. And even if I had been reading instead, at least I would have been reading, and I would have gone to sleep earlier, probably, because I get tired eventually reading in a way I do not when anticipating the dopamine buzz of twitter news and twitter interactions.

Thanks to everyone who reached out to give suggestions and chizuk.

Wow! I'm amazed. Thanks for good news! Boruch Hashem!

How's it going?

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Re: Today is the day

Posted by in\_ardua\_tendit - 04 Apr 2021 22:36

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In addition to blocking Twitter, I did another big step: I gave up control of the PIN for my phone filter. I was constantly tempted to call the company and relax the settings. I had the PIN. I thought that having to call to do it would keep me away, but I realized this would not stop me. On Thursday I had a friend reset the PIN so that I do not know what it is, after I had tightened the settings up. Now I cannot make changes without being accountable to my friend.

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Re: Today is the day

Posted by YeshivaGuy - 05 Apr 2021 00:31

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[in\\_ardua\\_tendit wrote on 04 Apr 2021 22:36:](#)

In addition to blocking Twitter, I did another big step: I gave up control of the PIN for my phone filter. I was constantly tempted to call the company and relax the settings. I had the PIN. I thought that having to call to do it would keep me away, but I realized this would not stop me. On Thursday I had a friend reset the PIN so that I do not know what it is, after I had tightened the settings up. Now I cannot make changes without being accountable to my friend.

Wow man that's massive. Extremely impressive.

Keep shteiging, I'm getting a lot of chizuk from you

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