

After the pink cloud

Posted by Hopefulposek - 20 Nov 2022 01:56

So I started aiming for 90 days again, the first two weeks were pretty easy, almost no urges and the small ones that came I used my plan and it was a piece of cake. Then in the beginning of week three my wife became a niddah.

I feel like I'm going insane, I'm constantly in a state of urge, even without any direct cues. I've started spending more time sleeping because at least when I'm asleep I don't have to fight the urge.

B"h I did just get a new filter which is super tough blocking all pictures and almost any website (not just inappropriate ones), so even when I go onto my computer to try to look at images I am stopped. then after ten minutes of trying I'll stop myself leave.

there are some times it's easier, if I'm distracted with something else, especially when learning or reading, and I have been able to exercise a bit which I think helps but it's hard to tell.

I'm just feeling very much the self control fatigue.

Hoping I can make it another week and then things will get easier.

Any advice and chizuk would be greatly appreciated.

=====
=====

Re: After the pink cloud

Posted by Geshmak! - 20 Nov 2022 02:16

B"h I did just get a new filter which is super tough blocking all pictures and almost any website (not just inappropriate ones), so even when I go onto my computer to try to look at images I am stopped.

Which filter? Netfree?

=====
=====

Re: After the pink cloud

Posted by Hopefulposek - 21 Nov 2022 02:25

techloq. I chose the restricted setting which seems to block almost any website, not sure what the algorithm is. My wife has the passcode the request access to a site, so if I ever need one and she's home I can get to the things I need, but even then there is a skin filter blocking images so there aren't really and triggers.

=====
=====