

Nothing to lose

Posted by notezy - 24 Jan 2024 15:01

Nothing to lose by starting the 90 day challenge.

the challenges i see before me:

The sturggle to get off my devices.

staying positive and not falling into the trap of skipping steps.

finding ways to interact more with people in the real world.

I have struggled with this for many years I have tried different tools and I see what a differences it makes in my life when I am clean I might as well start.

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Re: Nothing to lose - Update 102

Posted by notezy - 23 Jun 2024 05:10

I had a fall this morning

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Re: Nothing to lose

Posted by frank.lee - 23 Jun 2024 06:43

Hi @notezy, you're awesome, staying connected to here, on top of the situation for yourself, sharing.

Sorry if I missed your explanation earlier, but when you have falls, is that with p..n? If yes, do you have access to unfiltered, or poorly filtered internet? If yes, what can you do about blocking that?

About therapy, I also used to think - what can a therapist help? But it is wrong. These are ppl who work all day to figure out how and why we act, and learn tools to help. Therapy can help tons!! And if you are missing some of the drive or motivation, that should be addressed in therapy.

Do you know your options for therapy?

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Re: Nothing to lose

Posted by notezy - 23 Jun 2024 07:39

No i dont use P..n

I don't know my options with tharpy

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Re: Nothing to lose

Posted by adam2014 - 23 Jun 2024 10:33

@notezy, I can relate to your continued "falling." It is a vicious cycle that is hard to break. Do you see any recurring events leading to the falls? Is it a certain time or day or a certain situation (like walking the streets with underdressed women) that triggers you? Also, how available are unfiltered devices? I am thinking about things that led to my many falls. I have learned that nothing is unpenetrable, but the more friction you can put between yourself and the urge, the better. Those few moments that I had to wrestle with getting past a filter have saved me numerous times.

Anything that you can do that can give you an advantage in this battle is well worth the effort.

Coming on here is a HUGE step and please keep coming

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Re: Nothing to lose

Posted by notezy - 23 Jun 2024 11:59

I would say women on the street can be an issue sometimes but generally it's to do with self worth, sometimes it's just strong urges nothing more or maybe I haven't identified where those strong urges come from I'll say the strong urges come after longer clean streaks.. and sometimes just in the morning when I wake up which I assume comes from thinking about things unintentionally the night before... speaking of filters I have web chaver on both devices and I use "Lock me out" as a parental locking control for my phone and Microsoft family safety as a parental controls for my computer. Genrally very locked down.

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Re: Nothing to lose

Posted by horizon - 23 Jun 2024 16:40

ashrecha that you set up those protections! knocking p. out of the picture is HUGE.

i would suggest to follow Frank.lee's head.

hatzlacha!

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Re: Nothing to lose

Posted by notezy - 23 Jun 2024 18:40

Fell again tonight.

not sure what you mean by franlees head...

I would also add that their is stuff i see sometimes online not p..n but still problematic.

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Re: Nothing to lose

Posted by horizon - 23 Jun 2024 23:30

[frank.lee wrote on 23 Jun 2024 06:43:](#)

Hi @notezy, you're awesome, staying connected to here, on top of the situation for yourself, sharing.

About therapy, I also used to think - what can a therapist help? But it is wrong. These are ppl who work all day to figure out how and why we act, and learn tools to help. Therapy can help tons!! And if you are missing some of the drive or motivation, that should be addressed in therapy.

Do you know your options for therapy?

therapy is a tremendous brocho and resource our generation was zoche to. if you're determined to put in the work, it can (w hashem's help) bring you from a horse and buggy to a sports car.

also, nowadays there are really good options that except insurance essentially making the help you'll get free.

somewhere on this site there are links to referral agencies who can show you your options and guide you to the right shliach. (one such option is relief)

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Re: Nothing to lose

Posted by notezy - 25 Jun 2024 16:10

Went to Jerusalem today for a meeting. Stopped by the kotel to pray for everyone again....

I gaurded my eyes on the street as much as i could there but still have urges as i am arriving home. So I guess it's time to fight for it going to try to go help my rabbi with something to keep busy.

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Re: Nothing to lose

Posted by notezy - 26 Jun 2024 07:57

Made it through the night.

But the battle is never over.

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Re: Nothing to lose - Update 103

Posted by notezy - 26 Jun 2024 15:44

I had a fall

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Re: Nothing to lose - Update 103

Posted by chancy - 26 Jun 2024 16:34

Harav Rabbi Notezy, I think its time for you to start doing something different.

Please reach out to HHM and schedule a therapy visit. You need to start somewhere. Yu are stuck in the mud and turning your wheels. that not working for you.,

Sorry for being harsh, but it hurts me to watch you suffer like this, when there are so many tools available now BH.

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Re: Nothing to lose - Update 103

Posted by chancy - 26 Jun 2024 16:54

Check out this post, it will give you perspective on how important this struggle is.

guardyoureyes.com/forum/15-The-Torah-amp-Chizuk-Approach/415810-Rabbi-Tzvi-Freeman

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Re: Nothing to lose - Update 104

Posted by notezy - 27 Jun 2024 16:18

Another fall.

Ill look into it when i get a chance i dont know when that will be.

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