

????? to say before using the internet
Posted by yosefms - 01 Feb 2025 21:51

Some people might think I'm totally crazy but I had this idea the whole ??? and so I am putting it out there. I find many times I have used the internet innocently for work or other necessity and then got into the filter prodding madness state of mind and we all know what can then happen. So I thought how about I compose a little ????? to say before I use the internet so that I am one step ahead; feel free to use, edit, bash me if you feel I'm wrong for doing this.....

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Re: ????? to say before using the internet
Posted by chosemyshem - 02 Feb 2025 21:05

Love the idea!

Tefillah is an incredible thing, and one of the most important things you can do in the fight to get clean. One side benefit is it helps you get in the right frame of mind - and a hineini like this is a good way of doing that.

The only two potential pushbacks I'd have is 1) make sure you're not making yourself neurotic.
2) Maybe you can make it even better by asking Hashem for help in there.

Let's see if it helps. Keep us updated!

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Re: ????? to say before using the internet
Posted by yosefemes - 27 Feb 2025 23:19

testing

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Re: ????? to say before using the internet
Posted by yosefemes - 27 Feb 2025 23:20

Testing

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Re: ????? to say before using the internet
Posted by yosefemes - 27 Feb 2025 23:22

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Re: ????? to say before using the internet
Posted by yitzchokm - 28 Feb 2025 00:51

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Re: ????? to say before using the internet
Posted by markz - 28 Feb 2025 01:40

“Gd please overload this device with so many fat cookies, so that all and any illicit websites will
not be able to load...”

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