

Trueme

Posted by trueme - 23 May 2025 01:38

Hi.

I have a story, but Im not ready to share yet.

Right now I want to focus on trying to not watch innapropriate material, including P and doing M.

This is not who I am and although I have struggled on and off for a while, I want to end it.

I appreciate all encouragement.

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Re: Trueme

Posted by trueme - 23 Jul 2025 18:46

Today's vayimaen video made me cry a couple of tears.

www.torahanytime.com/lectures/383299

We stand for so much bigger, and Hashem loves us and is waiting for us to remember him and succeed.

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Re: Trueme

Posted by trueme - 24 Jul 2025 18:33

Today's Vayimaen video is a fitting description of the power of GYE.

www.torahanytime.com/lectures/383617

The power of the chevra!

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Re: Trueme

Posted by trueme - 27 Jul 2025 19:45

Regretfully, I had a fall.

My shmira that I had in place worked, but there are still holes in my internet system.

I think that I probably can patch it up with the filtering company...I think I just dont want to give it up.

Yetzer hara.

I think this is due to certain triggers that influence my bad behavior.

Im just trying to be raw and honest.

And get chizzuk to do the right thing.

I am proud of the past two weeks though.

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Re: Trueme

Posted by trueme - 30 Jul 2025 23:05

Anyone have any exp.with having a partner see any questionable sites?

Webchaver?

Can anyone explain the above or an alternative?

Thanks.

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Re: Trueme

Posted by trueme - 01 Aug 2025 18:03

Had some fights that I won this week.

I'm still in this and IYH I will win.

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Re: Trueme

Posted by trueme - 01 Aug 2025 18:18

Absolute GOLD.

One Day At A Time. (ODAAT)

www.torahanytime.com/lectures/385342

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Re: Trueme

Posted by yitzchokm - 01 Aug 2025 21:31

There is an alternative with Techloq which can be set up that a third party gets a notice with the site URL every time you unblock a site or that only someone else can unblock a site for you with a password which only they know. For the second option the other person might have to be someone who has access to your computer.

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Re: Trueme

Posted by trueme - 03 Aug 2025 20:52

Day 8.

Thank you Hashem.

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Re: Trueme

Posted by trueme - 04 Aug 2025 17:28

Not easy to post now.

I had a meaningful Tisha B'av - at least some parts BH.

However, motzai Tisha B'av I got around my filter and had a fall. And another.

It was not easy but as part of my "red circles" plan I contacted my friend/mentor which was a good move.

I put up a more powerful geder than before, with my mentor's approval, and the next was to come here and restart my streak, and admit that I fell.

I dont feel bad about myself as a person, although I did a bit before, and I am ready to start again.

Sometimes I see these massive streaks that others have on GYE and Im jealous and wish I had that. Not sure what to make of this feeling, just sharing.

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Re: Trueme

Posted by yitzchokm - 04 Aug 2025 23:37

I read through your whole thread in order to understand you better. According to your words you have an underlying issue which is causing you to fall but at the moment you would rather not discuss it on the forum. This is fine but I think it is important to discuss it with a mentor like the main mentor hashem help me.

As you can read in my thread "my long journey", I had bipolar disorder as my underlying issue and I addressed my negative moods through tools on GYE and a few techniques from my psychologist as I wrote in my thread and in the links in my thread. It is very important to address the underlying issues and that is probably why you are having a harder time breaking free. Don't bash yourself for falling. Instead talk to a mentor and make a plan uniquely designed to your situation.

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Re: Trueme

Posted by trueme - 05 Aug 2025 04:36

Yitzchokm, first of all, I feel bad (for lack of a better word) for your suffering with Bipolar. May you only have simcha in your life and manage it properly without any stress.

As I mentioned in the post before your response, (and I think others), I discuss my situation with a mentor that I trust and is wise.

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Re: Trueme

Posted by trueme - 11 Aug 2025 16:50

Last night I had a big struggle with wanting to get around a filter.

Thankfully, the gaurdrails I put in place earlier were effective and held me back.

Thank you Hashem.

The stuff is ultiamtely fake and just leads to bad results in so many areas in olam hazeh.

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Re: Trueme

Posted by trueme - 12 Aug 2025 00:51

I think I have more resolve then usual. I'll be honest I am motivated to keeping clean as a zechus for hatzlacha in something. But I find myself if I feel triggered to be busy fantasizing.

Any thoughts?

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Re: Trueme

Posted by trueme - 15 Aug 2025 01:10

Day 9.

Regarding the fantasizing and the stuff that leads to it, today I had a win (Maybe it's a big win? Not sure) Basically as I was driving I saw something that I had a big tayvah to look at. But I looked away and didn't allow myself to even get a "glancing look". I did this even though that's not the focus of my clean streak right now but I just want to do it because that's what Hashem wants. I didn't even take that moment to daven. I'm not sure what my motivation was. I think I didn't look just because it's wrong to look. And it's right to not look. Meaning that's what Hashem wants. I think that means that to a degree I'm feeling my relationship with Hashem. I think that's worth more than anything I would be thinking of davening for. (To take advantage of the segulah of the moment.)

That's awesome, I think.

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