

STORIES: The thread...

Posted by shemirateinayim - 18 Dec 2011 11:59

In the furtherment of my campaign to encourage USING THE TOOLS offered to us, please use this thread to post you own **stories** in the hope that others will start doing likewise.

The Four Questions:

- Is it true?
- Can you absolutely know its true?
- How do you react, what happens, when you believe that thought/that Story?
- Who would I be without the thought / the Story? How would I be different?

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Re: STORIES: The thread...

Posted by shemirateinayim - 19 Dec 2011 09:40

Internet:

How do I feel? scared, to cancell my subscription is both scary and painfull. Scary since I won't have any of the manye 'usefull' and 'absolutely neccesary' benefits it offers me. Painfull, since the internet, and computer itself is part of my addiction. The controll it provides me, the warm sweet sence of security I get from it, how can I ever live without it?

Is it true? looking back at my browser history All i have is GYE, EMAIL, a watch store, and kolhalashon (no I'm not frum to listen to shiurim, just REALLY REALLY BORED). GYE, i can do offline. Email, I won't need. Watches, couldn't ever find one I like enough, and when I find it i won't buy it. KolHalashon, it's ??? to use it, because I don't listen to their protocols.

Is it Absolutely true? The computer is part of my addictin, the soft touch of the ketboard sooths me. The gently grip of the mouse makes me in controll. just touching the computer feeds my addiction. The computer itself serves no use to me, and even my wife would need to

dust it every time she uses it, if it weren't for me. I waste my whole day in front of the stupid machine. Many gedolei yisrael hold that it passes me from eidus and other things. It's the worst thing for my ruchnius, and whatever minute benefit I might get, I could surely surrender **that** and Hashem would give me it in other ways.

How do I react when I believe that story? I hold onto my internet connection, I make plans to switch my filter Enativ- for K9. I purposefully spend my entire days by the computer. I close into myself/the forum and continue hiding from the REAL WORLD.

Who would I be without the story? How would I be different?

- *I could finally learn Torah during my available time*
- *I would sleep as much as I needed to get healthy (I got CMV/mono)*
- *I would have a REAL SA support system, and attend real meetings*
- *I would be more diligent in attending meetings, and GYE phone conferences*
- *I would have time to make a parnassa, and actually use it*
- *My wife would receive attention, and I could actually help her in the house*
- *I would have the AVAILABILITY to finally GROW and ACCOMPLISH something with myself*
- *One day I might be able to lead a GYE phone call*
- **I could one day be sober**

It's a scary thing, but over the next few weeks I will try to begin to try adjusting to such a reality. After all, this is part of my step 1 SURRENDER.

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Re: STORIES: The thread...
Posted by shivisi - 29 Apr 2014 14:03

[shemirateinayim wrote:](#)

Internet:

GYE, i can do offline.

HOW DO YOU USE GYE WITHOUT INTERNET ACCESS???

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