

Working from Home

Posted by Positivity - 07 May 2013 21:06

Hi Chevra,

I am struggling mightily with the following situation:

My job requires me to do some administrative work that involves Internet access. On some days, I can make the commute (1-hour each way) to the office. Other days, there are other things going on in the office and it is simply not a place to get work done.

I find myself setting up at home, with no one around. This morning, I told myself that every 1/2 hour, I would take a break from the computer. However, there was stuff that needed to get done. During one of my non-breaks, I glided over to a site I should not be on, found some "fashion photos" and MB'd to them.

How do I get out of this trap?

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Re: Working from Home

Posted by gibbor120 - 07 May 2013 21:10

Firstly, if you have any choice at all, don't work from home. Secondly, do you have someone you can call when you feel weak? Can you install a filter and/or monitoring software?

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Re: Working from Home

Posted by Positivity - 07 May 2013 21:18

I am trying to think of where to go. It would look a little silly to sit in a Starbucks, but i may not

I do have filtering software and accountability software - they are able to be gotten around.

As far as someone to call - might be a good idea, but I don't feel weak beforehand; I just do it.

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Re: Working from Home

Posted by gibbor120 - 07 May 2013 21:19

so.... just make the call.

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Re: Working from Home

Posted by Pidaini - 07 May 2013 23:38

have you tried other filters, other accountability stuff (KBA)?

and if you do sit in starbucks, do you mind sending me a coffee? (quite sweet with milk)

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Re: Working from Home

Posted by Machshovo Tova - 08 May 2013 01:46

In Starbucks you may avoid "fashion photos", but you may encounter live stuff that can be as triggering. So I guess wherever you are, you need a strong commitment to guard your eyes.

Hatzlacha

MT

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Re: Working from Home

Posted by Positivity - 08 May 2013 06:20

[Pidaini wrote:](#)

have you tried other filters, other accountability stuff (KBA)?

and if you do sit in starbucks, do you mind sending me a coffee? (quite sweet with milk)

I took a look at KBA; it uses Covenant Eyes, which I already have for Webchaver(and can get around). Unfortunately, in the heat of a binge, the threat of embarrassment (and certainly of an extra charge on my very busy credit card), does not register until it's too late.

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Re: Working from Home

Posted by Positivity - 08 May 2013 06:25

[Machshovo Tova wrote:](#)

In Starbucks you may avoid "fashion photos", but you may encounter live stuff that can be as triggering. So I guess wherever you are, you need a strong commitment to guard your eyes.

Hatzlacha

MT

I actually have been doing OK as far as seeing actual people - being nearsighted and removing my glasses also seems to help. Don't know why; I think that I am ashamed to have those women see me ogling them. (They dress that way to get people to like them, but fool themselves into thinking that men are not really fantasizing about them. They would be disgusted to know what's going through our minds...)

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Re: Working from Home
Posted by Positivity - 22 May 2013 19:49

[gibbor120 wrote:](#)

so.... just make the call.

Another day at home, another fall, although I felt this one coming...Any numbers I can call daytime EST for an SOS?

(I have a great partner, but he is frequently not able to pick up; additional partner/sponsor requests are just waiting...)

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