

Need Advice pleas

Posted by godgedud - 23 Oct 2013 13:07

I am self employed, have my own office and I am in the office all day. I have an addiction porn & stocks trading ,constantly checking my portfolio and some times an urge to trade, doing silly risky trades. I have a filter on my PC but unfortunately I can disable it, so I made a neder that before I disable the filter I need to go to the shul which is about 10 min walk and say 10 capitlach tehilim.

The neder is working, meaning, in the last 30 days or so I disabled the filter only ones, but my problem is I want to be organised coming into the office with a list of things that I need to do for ex. the first thing is reading 10 minute from the handbook and reading the chizuk email, but I cant do it I am coming the office I cant keep myself back from checking business news and my portfolio, neglecting my business an than it brings me to look for pictures I can see even with the filter.

How do you make a commitment and do it???

(sorry about my language, did not know ABC before years old)

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Re: Need Advice pleas

Posted by Dmaot - 23 Oct 2013 16:32

Well, to me it seems you have a pretty firm organization technique. Just know what comes first, you know. First things first. At the beginning of the day at home or at the office you can say tfillot, you can read and learn the Word of G-d, read the Chizuk e-mails and then make a living trading stocks. Doing business isn't a bad thing as long as it does not oust G-d from the first place. Sounds like a good plan to me. As far as p-rnography pictures, that's why we are all here. That's why we support each other and daven for each other. And G-d sees and G-d helps. Keep on with what works for you! Shalom!

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Re: Need Advice pleas

Posted by gibbor120 - 23 Oct 2013 18:09

[godgedud wrote:](#)

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How do you make a commitment and do it???

If we could just "make a committment and do it", we wouldn't be here seeking help. Addiction is not that simple. What steps have you taken towards recovery? Once recovery begins, organization etc, will follow. Organization and committment are no mach for an addiction, and cannot function while in active addiction.

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Re: Need Advice pleas

Posted by Kedushat Yesod - 25 Oct 2013 16:24

Tikkun HaKlali from Rabbi Nachman of Breslov helped me reduce my urge A LOT.

Instead of the 10 chapters you are doing, you could do this Tikkun, which is chapter 16, 32, 41, 42, 59, 77, 90, 105, 137 and 150, if you are not doing it yet. I used to do the Tikkun everyday, with concentration, and had to actively WANT real hard to break the barrier of the Tikkun.

Otherwise you may call a co-worker to talk and you will be inhibited to act out, fill your time with lunch or other important things also.

regards

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