Home of thatguyoverthere
Posted by thatguyoverthere - 23 Nov 2013 20:29

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I DID IT!!!! I reached 90 days!!!

From now on this will be my main thread where I post news and ask for advice. My old threads have irrelevant names now, and one of them was moved to BB.

I feel amazing! Time to do another 90 days!

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Re: Home of thatguyoverthere
Posted by SIB101854 - 05 Feb 2014 08:11

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I think that the above comment should certainly be a guide for your response to what you perceive as a fall:

"so maybe just keep on moving as is. try to figure out what will be most productive for you.

so brush your self off and keep up the good work"

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Re: Home of thatguyoverthere
Posted by thatguyoverthere - 10 Feb 2014 18:11

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Actually I am happy about starting over. It feels more honest. My actual slips are a bit more serious than what my wife thinks they are... can't bring myself to tell her the whole truth, and don't want to bring her through it. She knows I'm struggling, and she should not be treated as an accountability partner.

So, as I said, I've had a few slips. No serious falls, but tiny slips. And I want to get rid of them.

The first 90 days and more I did with no slips at all.

I have a few questions:

1) I am guessing that my sponsor paid the $90 once I reached 90 days. Now when I am at day 8, he is still written as my sponsor. Will the system ask him for another $90 when I reach there again? (WHEN! not IF!)

2) Is there anyone with Israeli phone number who is ready to give me his number and be my accountability partner? Mostly for calling at the scary moments when I'm at the verge of falling. Hebrew or English dont matter, I speak both fluently.

I dont have a filter at my work computer, and if I bring it up my boss will understand that I still have a problem (got in trouble for it 2009, and dont want to repeat - filters were installed then, but since Ive gotten a new computer and a company smartphone, so my boss is apparently trusting me...) Usually its not a problem, since the computer is in a public area, but it happens that people are absent, and thats when the urge comes creeping up. "Just a peek, nothing more", "its not a fall if you click away quick enough", etc... you know YH's lingo.

Specifically at those points it would be good to have someone to call right away. Should I just use GYE's Israeli hotline, or can I have a more "steady" person?

Before you tell me to go to the meetings in Jerusalem - no. Id rather not meet people IRL... I dont have time, I am uncomfortable being that open, plus my wife would object for sure. Maybe not as much against meeting people, but mainly against taking time I could have spent with her. (Studies, full time work and 4 kids give us very little time together, and we need every second we can get).

I am, however, listening to recordings of phone conferences from the links you gave me. They're really great!

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Re: Home of thatguyoverthere
Posted by thatguyoverthere - 24 Feb 2014 18:01

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I am at work. I have a computer without filter in front of me. It's in a public place, but the office is emptier than usual and there's no one around.

I keep hearing/thinking "just a peek, no one will know, this will be the last time and then never again" etc... so Im writing these things right here. Openly. I dont want to fall.

I get off work in another 2 hours. Ask me how it went. Knowing that you will ask me keeps me focused.

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Re: Home of thatguyoverthere
Posted by dms1234 - 24 Feb 2014 21:27

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Perhaps you should install a filter?

But good job coming to GYE FIRST!

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Re: Home of thatguyoverthere
Posted by Pidaini - 24 Feb 2014 23:10

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How'd it go?

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Re: Home of thatguyoverthere
Posted by thatguyoverthere - 04 Mar 2014 11:34

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It went well. Still going strong. Not enough hours in the day to come here enough though.

I know I probably need a filter on the work laptop... I just cant bring myself to ask someone to install it for me. None of my colleagues know, and my boss... well, he caught me in 2009 and thinks Ive been clean since. I cant tell him that I need it.

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Re: Home of thatguyoverthere
Posted by shivisi - 04 Mar 2014 14:53

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[thatguyoverthere wrote](#)**:**

I know I probably need a filter on the work laptop... I just cant bring myself to ask someone to install it for me. None of my colleagues know, and my boss... well, he caught me in 2009 and thinks Ive been clean since. I cant tell him that I need it.

Shivsi responds:

Why Can't you install "K9" by yourself?

If you need help with filters go here: venishmartem.com/new/

[it's actually a link from the GYE site].

Trust me you need need need a filter! It's a losing battle to try resisting those urges every time.

Pleeeeease install a filter.

Keep up the good work.

All the best.

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Re: Home of thatguyoverthere
Posted by cordnoy - 04 Mar 2014 18:55

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I would never advocate against the use of a filter, but knowing from my personal history, and hearing all the people at SA meetings talk, the control over the internet - without using a filter - is much more growth producing than when there is a filter....read here how much time people spend on breaking thru the filter and bypassing it...with many of them succeeding.

That being said, there are positives to be gained from a filter as well.

I just don't think it's an automatic slam dunk that every person here "needs, needs, needs" a filter.

b'hatzlachah

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Re: Home of thatguyoverthere
Posted by dms1234 - 04 Mar 2014 22:11

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Maybe you are carrying the weight of all those 130 days with you. Remember Just think about today. It doesn't matter if you have been clean for 4000 days or 4 minutes. Only today matters

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Re: Home of thatguyoverthere
Posted by skeptical - 04 Mar 2014 23:12

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shvisi

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Trust me you need need need a filter! It's a losing battle to try resisting those urges every time.

Pleeeeease install a filter.

I find that once people install a filter, they suddenly feel that they were hired as employees of the filter company to make sure that it is working properly and that there's really no way around it, whereas others realize that they need to "just say no".

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Re: Home of thatguyoverthere
Posted by Pidaini - 04 Mar 2014 23:48
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skeptical wrote:

shvisi

Trust me you need need need a filter! It's a losing battle to try resisting those urges every time.

Pleeeeease install a filter.

I find that once people install a filter, they suddenly feel that they were hired as employees of the filter company to make sure that it is working properly and that there's really no way around it, whereas others realize that they need to "just say no".

That doesn't have to be the case. Of course I find that to be true as well, but not because I installed the filter, just because I wanted to get through it.

Having a filter helps me in a few ways, 1) even when I am trying to break it, I usually don't get to far before I realize what I am doing, thereby braking my fall. 2) Sometimes I remember right

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away that I'm not going to be able to get through the filter anyway, so might as well deal with the urges the right way. 3) It shows me how desperate I am for the lust, and shakes me a little bit to actually deal with the problem.

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Re: Home of thatguyoverthere
Posted by thatguyoverthere - 05 Mar 2014 13:10

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Turns out, the accounting software Im using for work has been upgraded, and now it's conflicting with K9! So I cant install it on the unprotected laptop, and I had to remove it from my regular work computer as well.

So I checked out X3watch, which Im already using for my cell phone (and paid for). Turns out I can install it on my work computers as well! Woohoo!

The big problem with filtering is just that - it easily creates firewalls that block out things you need.

The X3watch basically works as a filter, but instead of filtering, it just sends a report of all the suspicious websites Ive visited to my wife. It lights up on keywords including websites like GYE, so she can also see that I've been on GYE. Basically she knows that a blank report is good, but a report filled with GYE is even better.

This also blocks out the issue of "trying to get around it". I wont know if I "made it" until my wife gets a report and asks me about it. And I would never want to take a risk like that!

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Re: Home of thatguyoverthere
Posted by Pidaini - 05 Mar 2014 19:38

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If I may, I would like to advertise for VCF.

I've had it for quite a long time, and in the beginning it was a bit moody, and getting sites open took a while.

BUT, they have really upped everything, from basic performance, to support, to being able to unblock sites.

They have a new feature that lets you open a site right away, it reads like this [VCF wrote](#):

Open this page even before it is reviewed.

(Our staff will review it later and decide whether the page should indeed be open or not. Users who are found to be abusing this feature will be banned from using it in the future). If you don't feel comfortable with this feature, please email support@venishmartem.com

They are rather inexpensive, and for those struggling financially, there are discounts and even full sponsorship available.

(Guard, when do I get my commission?)

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Re: Home of thatguyoverthere
Posted by cordnoy - 05 Mar 2014 19:47
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(although im not guard...far from it) when you stop tryin' to fuddle with the filter

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