

Back on the Site

Posted by strugglingguy - 28 Jan 2014 04:08

This is my first time back on the site in a couple years. I have been busy... I have had good stretches and bad stretches. Currently, I have been struggling. Today (after a couple classes) I felt I needed some "relief" so I looked at some P. I told myself I needed it and there was no stopping myself on the comp. (I get ar.d. the filter w a proxy). So, that is that...

I'm going to go now - continue with this later...

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Re: Back on the Site

Posted by cordnoy - 04 Jan 2015 22:46

Yes, there are many that struggle with that.

That is why some require an 'outside' program for recovery.

The Torah approach doesn't do it for some.

b'hatzlachah

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Re: Back on the Site

Posted by skeptical - 15 Jan 2015 00:59

aryehdovid85

thanks for sharing. Ever been to a live 12 step meeting?

how is your Shalom Bayis now?

Sorry, I haven't had time to be on here very much recently.

I've never been to a 12-step meeting. But I am in touch with real GYE members on a daily basis, either through chatting, email, phone or in person.

My shalom bayis is better than its been in years.

My thread is [here](#).

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Re: Back on the Site
Posted by strugglingguy - 16 Jan 2015 03:14

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Re: Back on the Site
Posted by cordnoy - 16 Jan 2015 04:07

And what may that be?

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Re: Back on the Site
Posted by cordnoy - 22 Jan 2015 00:00

SG...I'm not sure if I have your email, but it seems that the site is back live again.

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No offense chaverim, but please try to keep my thread set aside for my own issues

Re: Back on the Site

Posted by strugglingguy - 22 Jan 2015 22:14

message me your email

i lost my last couple posts here

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Re: Back on the Site

Posted by cordnoy - 23 Jan 2015 02:46

thenewme613@hotmail.com

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Re: Back on the Site

Posted by strugglingguy - 17 Feb 2015 15:47

I am back from two weeks in Israel. Vacation/traveling with my wife- it was awesome.

I think I had one slip while I was there (she was away for the day). I told a friend of mine afterward.

Yesterday I looked at P***. It was late at night and I took my wife's iPod (she was sleeping) which does not have covenant eyes on it. I avoided the other computers which do have covenant eyes on them. (this is the problem - i need to keep her iPod away or just put on a CE browser and stick with that.)

I watched stuff on the couch and then suddenly she woke up; I quickly x'd out, hid the iPod, and later deleted the history. It was God's wake up call I guess; I will eventually get caught. My wife knows that I have an issue, but to have her "catch" me would not be good.

Should have reached out to someone. Feel like an addict to my desires, even though I think I am learning and davening pretty well. Have a good day.

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Re: Back on the Site

Posted by cordnoy - 17 Feb 2015 15:49

Thanks for the share.

Addin' the filter there would be a grand idea.

Do you have a list of emails or numbers that you can contact others when such an issue arises? It would be advantageous.

b'hatzlachah

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Re: Back on the Site

Posted by Shmeichel - 17 Feb 2015 15:58

of course the wife needs a filter just like we do

thats what i think anyway

whats your opinion?

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Re: Back on the Site

Posted by Bigmoish - 17 Feb 2015 16:06

[strugglingguy wrote:](#)

My wife knows that I have an issue, but to have her "catch" me would not be good.

If she knows you have an issue, it shouldn't be very hard for you to explain why she should have a filter on her iPod. Just do it.

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Re: Back on the Site

Posted by yiraishamaim - 17 Feb 2015 22:43

Strugglin- your story about your wife's iPod -sounds all too sickly familiar. (in other words I relate so very well)Of course you are a good guy learning and davening. But you know once you start getting off the P____, you will have a much more wholesome feeling. You will begin to start really respecting yourself. **Do what it takes to guard yourself** and don't wait till lust starts to build and your rapidly fading guilt disappears.

IM LO ACHSHAV AYMOSAI

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Re: Back on the Site

Posted by strugglingguy - 08 Mar 2015 20:17

i have to run...but i ignore the covenant eyes browser on my phone when i wanna get to p*** - i did that today for a few hours, on and off. sadly it's too easy to bypass browsers, filters ...

my wife was away - i needed to relax and boom...

in the end i avoided mstrbtng. is that a win? or i shouldn't think of it like that ...

plz help, daven for me. devise a plan for me.

it's too overpowering sometimes.i knew i shudve texted someone beforehand but i decided not to ...moving on now to something else. getting out of the house and meeting my wife.

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Re: Back on the Site

Posted by cordnoy - 08 Mar 2015 20:48

have you tried qustodio on the phone?

Skep does a Helluva of a job with that.

Ultimately, between our eyes in our head is the filter.

what else have you done?

b'hatzlachah

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