

Letting off some steam....chizuk appreciated!

Posted by bentorahyy - 06 Mar 2014 00:51

Hello my friends,

Help! I just had a pretty big fall! I signed up here last summer and I got to 91 days, had a fall (no m'zl though), then another 60 days or so, had another fall (that time m'zl) and now yesterday and today I had two falls in a row!! I feel really bad about it. I know you will all say I've done really well and I shouldn't be too hard on myself but I really do want to rid myself of this, so here I am venting to you all.

I am realizing more than ever that the main issue is my computer at work. I work in a big company and everything has to go through the IT department. They have a filter, but mainly for security issues and for real explicit stuff, but it certainly doesn't block out news sites and ads, and google searches, etc. So I realize now that no matter how much I post, read the chizuk emails, sooner or later I'm bound to go check out the same old trigger sites, and it'll be a downhill battle from there.

A few months ago I actually asked IT if I could have internet disabled on my computer (I billed it as that internet is distracting to my work - which it is!) but they told me that since everything is standardized they couldn't do it. I want to go to them now and ask that I can download a filter like K9, and I would have my wife be the gatekeeper (I am very soon getting a laptop, so I could in theory block everything and whitelist what I need and she would have the password). I have a meeting with IT tomorrow but I'm afraid he's not going to be able to help me. If he can't, WHAT SHOULD I DO??? I don't think I can whiteknuckle my way through my career! And even with turning the monitor so all passing by can see in, but there are days when I stay late, etc. which that wouldn't help. Any ideas????!!!

Thank you my friends for your support!

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