

Fell again - twice in 2 weeks

Posted by iabsolutelycan - 11 Jun 2014 22:30

Well, it happened. I fell again, 2nd time in 2 weeks. I was on the chart for about 80 days of clean, and now this. Oh well. Keep on trucking, right?

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Re: Fell again - twice in 2 weeks

Posted by iabsolutelycan - 01 Jul 2014 07:37

dd,

You're right. Let me explain something about myself. I'm technologically very savvy, and a filter will not stop me. The only thing that can stop me is myself. I now appreciate my username more - I Absolutely Can. It's my mantra.

What was I doing different? Nothing out of the ordinary. Well... maybe I was thinking about "good" I've been...

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Re: Fell again - twice in 2 weeks

Posted by iabsolutelycan - 01 Jul 2014 07:39

But have been clean since (~ 2 weeks)

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Re: Fell again - twice in 2 weeks

Posted by Pidaini - 01 Jul 2014 14:20

[iabsolutelycan wrote:](#)

dd,

You're right. Let me explain something about myself. I'm technologically very savvy, and a filter will not stop me.

I relate to the above, very well, you can look at my thread to see how many times I've gotten through filters. But I kept on trying and through continuously updating the developers of the loopholes, and them filling them, I now have a filter which I don't know how to get through!!!

Which filter do you have? Which have you tried?

[iabsolutelycan wrote:](#)

The only thing that can stop me is myself. I now appreciate my username more - I Absolutely Can. It's my mantra.

Well, what's been stopping that from helping up until now?

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Re: Fell again - twice in 2 weeks

Posted by RebYid90 - 03 Jul 2014 01:15

hey there brother, just been reading your thread, and im so sorry your having trouble. ive been pretty bad my self. about one a day for the past week or so. for me its the guilt. i just beat my self up and the stress builds up till i hav no choice. then i try to do something that signifies i am

different, but im not. i have to accept who i am. thats the starting point. knowing that god loves me even wen i fall. is anything im saying resonating

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anywho, keep on trucking as they say, ur doing gr8!

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Re: Fell again - twice in 2 weeks
Posted by lavi - 03 Jul 2014 09:22

hi iab, your mantra is absolutely correct- in my humble opinion.

what your next move- how you gonna make it for longer, share with the oilam your plan.

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Re: Fell again - twice in 2 weeks
Posted by unanumun - 03 Jul 2014 14:56

rebyid90,

I was just going through aley shur chelek aleph, section 3.

He has a great introduction to the whole idea of knowing yourself.

it is worthy reading. if you can't get your hands on it let me know and i can scan it and send it to you (it is difficult hebrew but worth the effort)

one of the things he says is to sit down and make a written list of your malos and chisranos. he says that in getting to know yourself it is important to know your good attributes too.

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Re: Fell again - twice in 2 weeks
Posted by dd - 04 Jul 2014 00:12

thanks unanumun!!!

hope to check that one up, in general aley shur is a great sefer,

thanks for the ???? keep on bring more of them,

kol tuv!!!

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Re: Fell again - twice in 2 weeks

Posted by iabsolutelycan - 04 Aug 2014 08:20

My most recent technique is to daven for someone else. I've seen it work with parnassah, and now I've seen it work with staying clean. Daven for someone else, and Hashem will help you. Simple.

We should start a page here on GYE to give each other our names to daven for.

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Re: Fell again - twice in 2 weeks

Posted by ineedchizuk - 04 Aug 2014 10:19

Chizuk ben Plonis

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Re: Fell again - twice in 2 weeks

Posted by Bezrat - 04 Aug 2014 10:28

Hi I'm in the same boat, no filter designed can stop me. So, here's what I did, if it works for you,

use it:

I got an accountability partner. He's the father of my Rav. Pretty heavy first call since we know each other personally but are not friends. (Friends in my experience will give you too much leniency.) I just told him, "Look this is a serious problem in Klal Yisrael. Even some well known rabbanim were caught.")

I just asked him to get the reports and meet with me if anything seemed inappropriate.

Covenant Eyes is the reporting software that is on this GYE site. I've tried to hack, disable the service, but it disables the browser. When you uninstall it your accountability partner gets a report. It does not let you use TOR and it reports on Private browsing sessions.

Then I installed Covenant Eyes on my computer and immediately started using a RDP connection on another computer to surf.

Realized that if I was serious needed to install CE on the RDP machine. Then started using a Netbook to surf -- realized that was ridiculous, so installed CE on the Netbook.

Then found myself using another computer in a different room when I was home alone. Realized that I had to install it on the computer too.

You see the pattern here... it took me about 3 weeks to finally get control. If I was SERIOUS like my life depended on it type of serious, I needed to have all of my machines monitored.

You cannot do this by yourself. You are an addict. You don't have rational control. Addiction is irrational. If you do not set up monitoring you will be one of the many on this site that are always saying "Whoops, I fell."

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Re: Fell again - twice in 2 weeks

Posted by cordnoy - 04 Aug 2014 14:31

Good work!

everyone should learn persistence from you.

Would you be able to remove the names of those Rabbis from your post?

Thanks and hatzlachah

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Re: Fell again - twice in 2 weeks

Posted by ZemirosShabbos - 04 Aug 2014 21:34

kol hakavod!

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