

Help. Please

Posted by shmirashachaim - 19 Apr 2016 12:54

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Is there someone I can call? I'm going through a very rough time. Litteraly about to fall and act out. Got a new phone with no filter.. Please....

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Re: Help. Please

Posted by shmirashachaim - 19 Apr 2016 12:59

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Or at least some chizuk

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Re: Help. Please

Posted by markz - 19 Apr 2016 13:33

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Re: Help. Please

Posted by markz - 19 Apr 2016 13:34

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[shmirashachaim wrote on 19 Apr 2016 12:59:](#)

Or at least some chizuk

Use it for something good

Call someone that has helped you in lust recovery or cordnoy etc, if you don't have someone,

you can call me (send me a PM)

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Re: Help. Please

Posted by cordnoy - 19 Apr 2016 13:37

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Email me please.

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Re: Help. Please

Posted by shmirashachaim - 19 Apr 2016 13:43

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I fell

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Re: Help. Please

Posted by Gevura Shebyesod - 19 Apr 2016 13:45

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Maybe the first step should be to get it filtered ASAP

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Re: Help. Please

Posted by shmirashachaim - 19 Apr 2016 13:46

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I don't know what to say.. I was switching between GYE and other sites this whole morning

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Re: Help. Please

Posted by shmirashachaim - 19 Apr 2016 13:48

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It's so hard to filter iPhones.. No set thing besides passcode.. My brother sent me a new one and I wasn't prepared for it

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Re: Help. Please

Posted by shmirashachaim - 19 Apr 2016 13:50

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ahhh.... The hardest time is when no one is on the forum. I wish there was a 24 hour Hatzala for lust.. Not practical but would be good.

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Re: Help. Please

Posted by markz - 19 Apr 2016 13:51

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[shmirashachaim wrote:](#)

It's so hard to filter iPhones.. No set thing besides passcode.. My brother sent me a new one and I wasn't prepared for it

Don't blame yourself, don't blame the phone

You said yesterday you were slipping...

One of the hardest thing for guys is too get up after a fall

You did a great thing today!

Were upset in this fall as you are, and are with you, and will truck with you

You may want to consider if moving over to a different Trucking lane may be beneficial for your general recovery

THIS POSTED BEFORE COMPLETION WHICH IS WHY THERES A DUPLICATED UNEDITED CORRECT POST LATER

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Re: Help. Please

Posted by shmirashachaim - 19 Apr 2016 13:52

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bot sure where to go from here.. Besides trying my hardest to get my phone blocked up

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Re: Help. Please

Posted by markz - 19 Apr 2016 13:52

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[shmirashachaim wrote:](#)

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One of the hardest thing for guys is too get up after a fall

You did a great thing today!

We're pained about the fall as you are, and will truck with you all the way!!

You may want to consider if moving over to a different Trucking lane may be beneficial for your general recovery

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Re: Help. Please

Posted by Gevura Shebyesod - 19 Apr 2016 13:52

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at a minimum you can use the restrictions to block safari and use the k9 browser instead. have someone else set the restrictions password becuae it cant be changed without losing all the settings. you can also block movies, tv shows, and apps and ibooks with explicit content. its not the greatest but its easy to set up and it gets you away from the edge of the cliff.

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Re: Help. Please

Posted by shmishachaim - 19 Apr 2016 13:53

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[markz wrote:](#)

[shmishachaim wrote:](#)

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Which lanes are open

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