

Group 196

Posted by the.guard - 09 Dec 2016 12:50

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Hi Guys! Welcome to group 196. The members of this group are:

- quiet
- Mober
- hopeful
- shua73
- Happydays
- will Succeed Beh
- Jacobinthewomb
- LifneiHashem
- Baruch\_Hashem
- vmoshe
- failedregent
- Shzal
- Hbowman
- AllForHashem
- new leaf See [this page](#) for more details on the goals of these groups.

For best chances of success, everyone needs to try and fulfill certain conditions. [See the conditions here](#).

So who will be the first to volunteer to lead this group? Post below and let's get the party rolling!

**??? ?? ?????? ?????? ?????? ????? ???**

Hatzlacha!

P.S. We are looking forward to hearing feedback from y'all about ways to make the group idea even better. Write to us please at: [eyes.guard@gmail.com](mailto:eyes.guard@gmail.com).

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Re: Group 196

Posted by quiet - 21 Dec 2016 05:21

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How I have gained from GYE in less than 2 weeks since my reincarnation:

Hearing **Yosef's** struggle and hearing him (hopefully) striving towards his Rebbe who says short sleeves is assur. That is going to want to make me move back to that person who felt guilty watching paperclips(!)

**Singularity** and **Shua** pushing me to view watching porn as worse than I do view, hence I upgraded my definition of slip and fall.

In the middle of an email to **Shua**, I suggested erasing YouTube history. Then I decided to do it myself

Common denominator, I feel inclined to get something done when I am sharing with others and I make my commitments more public

Due to my desire to be involved in GYE forums, little time is left for YouTube and I feel like I had a good proactive time (perhaps at **Shua's** expense)

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Re: Group 196

Posted by quiet - 21 Dec 2016 05:31

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[shua73 wrote on 21 Dec 2016 05:14:](#)

[quiet wrote on 21 Dec 2016 05:07:](#)

This culture is your be all end all. You have said that thrice in less than as many days. Care to explain the esoteric phrases you keep using?

They are all referencing lyrics from different songs. The last one was borrowed from a song by Sean Kingston and modified from shawty to Quiet.

Thanks. I needed a break from cleanliness and googled some images of shawty and saw some in short sleeves...

I used to think rap was trash, but they make it closer to pop/R&B or I am becoming more tolerant. Care to explain your last 2?

update:

OK, I found staying alive, more of a classic, though I assume from before you were born. So now I know you like blacks ;-). Depending on what you consider Michael Jackson, I see no black artists in my playlist.

Now I cannot find that post about a lady in man's hair which you also said was a reference

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Re: Group 196  
Posted by quiet - 21 Dec 2016 05:54

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[quiet wrote on 16 Dec 2016 14:41:](#)

[Markz wrote on 16 Dec 2016 14:19:](#)

Yosef - I'm replying to your long post

I know that if I'd allow myself access 24hr anytime day and night I would inevitably fall as I enjoy u-tubing and filters do not work for me

What has worked for me?

If your struggle is like mine "trigger happy at computer", and putting up some sort of fence will help, then feel free to join my "[good night device calendar](#)"

Balabos is also an active participant

All right I join, albeit a small commitment. (but these rules would have saved me last night)

No youtubing after midnight on non-motzaei shabbos for the rest of 2016 after midnight except to help me fall asleep. It is only defined as helping me fall asleep if I am horizontal.

Breaking this will have the din of a slip which means I will have to write about it if I break it for even one second and will then have to upgrade what I do on next slip

I forgot about my post midnight pledge. I slipped (thanks **Shua**) and listened to Madonna (*living in a gashmiyusdike velt, Ich bin a gashmiyusdike maidele*). I said the next time I am on YouTube after midnight, I will consider it a slip and post about it.

I know I wrote I will upgrade slip, but I already did that earlier today and will still consider this a slip in future

Edit: I am adding GYE as a slip to post midnight (unless to prevent or report post-fall). I know it sounds crazy. **Shua** says a good night's sleep helps nisyonos so this will BLN be my last post after midnight so **Shua** can be at peace knowing I won't be "crazy on the dance floor" at all hours

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Re: Group 196

Posted by Singularity - 21 Dec 2016 08:13

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[quiet wrote on 20 Dec 2016 19:51:](#)

**Singularity,**

Are you familiar with this song on the other side of Atlantic?

Someone from UK on this thread said he never heard of it. I cannot believe it:

put in youtube first. This forum is stripping my youtube link. Just for listening (due to animated girl in short sleeves)

watch?v=0lvC6fZYGMM

Yup, my youtube is a No-Mans-Land. So I don't know the song and will probably never know of it.

Um, guys, **Yosef** and to a certain extent **quiet**...

Ever thought that the desire to watch videos and stuff is also an addiction? I don't think trying to overcome that is counterproductive to wanting to stop porn. actually, I feel not even considering

it might be detrimental to the overall struggle.

Lust addiction is one thing. But if you don't attack the core, those addictive tendencies will always be there. It requires holistic analysis. *Da'as Atzmo*. First step in *Avodas Hashem*.

But it sounds addictive. You want to stream another 47 or so episodes? These women, the people there, become part of your life. Your friends. It's frightening.

I was once there. All I did was watch Simpsons, South Park and play video games. I was fat, had acne and no friends. It was an addiction all the same! Just I managed to break free, slowly, surely. By seeing how it added no value to my life. And it wasn't as alluring as unbridled lust (as we all know)

And now I'm on the other side. And my wife and I can indulge in a pixar movie, maybe, once every six months or so. And it's nice, a bonding experience more than a drug. Maybe I should see that struggle parallel to my even worse struggle.

**Yosef:**

It sounds very white-knuckley. Cold Turkey, but sounds VERY reluctant. I think what will be most effective is working on the means to understand why it is in fact good. But that takes a lot of time. Practice. Self discovery. Hatzlocha on that. But don't see the abstinence as holding your breath. Because, well, you'll have to come up for air at some point....

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Re: Group 196

Posted by Singularity - 21 Dec 2016 08:14

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[shua73 wrote on 21 Dec 2016 01:49:](#)

Sorry for filling up everyone's inboxes with so many messages but I like to separate my posts if they discuss different ideas. Lumping random stuff together is not helpful to anyone reading it.

Sure. Sure.

#postcountfanboy

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Re: Group 196

Posted by Singularity - 21 Dec 2016 08:17

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I'd NEVER post consecutively!!

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Nah I would. Post count shoots up MUCH faster than the days of the chart. AND it's guaranteed NEVER to fall down again!

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Re: Group 196

Posted by Singularity - 21 Dec 2016 08:20

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[quiet wrote on 21 Dec 2016 05:54:](#)

Edit: I am adding GYE as a slip to post midnight (unless to prevent or report post-fall). I know it sounds crazy. **Shua** says a good night's sleep helps nisyonos so this will BLN be my last post after midnight so **Shua** can be at peace knowing I won't be "crazy on the dance floor" at all hours

It's also a *segula* for getting to a minyan.

OKAY this is my last post!

If people get angry, I call the African Defence Card: Were I awake and posting at the time of all the conversations, these 4 replies would have been dispersed and nobody would have batted an eyelid!

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Re: Group 196

Posted by Yosef Tikun HaYesod - 21 Dec 2016 11:49

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"Yosef and to a certain extent quiet...

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I was once there. All I did was watch Simpsons, South Park and play video games.

I was fat, had acne and no friends. It was an addiction all the same!

Just I managed to break free, slowly, surely. By seeing how it added no value to my life."

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I am up early. The benefit of not staying up late on the computer!!

Dude, totally, I think that my major problem is the streaming videos.

Episodes and movies, all available, all free, all calling out to me, never-ending.

That is what my son said to me "once you would watch those 47 'stupids',

there will be 10 or 15 more!" He is one SMART kid! Boruch HaShem!

I've said this aspect of my struggle before on my forum thread - going towards 90-days.

Eventually, and perhaps inevitably, spending tons of time watching stupids/

streaming videos, leads to watching porn and masturbating and wasting seed.

But I know that MY personal problem is that I am WAY more strongly pulled to the former,

(to watch regular videos), than the latter (to watch explicit stuff and masturbate and waste seed).

I tried to express this in numbers on a scale from 1 to 10, but we are NOT going there again!

Anyway, I am not addicted to either. It's a very bad habit that I am breaking free from,

and though I wanted to work on it differently, cutting down on the "stupids" slowly over time,

I have been "boxed in" as a support buddy called it, to do it faster with the Cold Turkey method.

I was VERY reluctant to try a 3rd helping of Cold Turkey. First of all, it sucks. Second of all,

I tried it twice already and both times it lasted less than a week!

But, I am coming to terms with it. And this time, I feel a lot less alone.

My whole family is involved, you guys are involved, my forum friends are involved,

and my Rov is involved! AND I don't have the easy ability to just change it, since

I no longer have the whole password!!

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Re: Group 196

Posted by will Succeed Beh - 21 Dec 2016 14:37

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Hi yosef

Seems your doing good on your new venture! i agree with the *Psak* i got from **quiet** about the comment i made on your Rov, i under-estimated your power of will:peace:!

I am amazed by your strength:punch:

LOH (Lots Of Hatzlocho)

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Re: Group 196

Posted by will Succeed Beh - 21 Dec 2016 14:45

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[Singularity wrote on 21 Dec 2016 08:13:](#)

I was once there. All I did was watch Simpsons, South Park and play video games. I was fat, had acne and no friends. It was an addiction all the same! Just I managed to break free, slowly, surely. By seeing how it added no value to my life.

I had an addiction more to wild crime action movies, i was hooked on it, even when i managed to keep off porn, it was always after watching a movie i found myself back into it!!!

!!!

I improved myself so much, in work, personal life - family, Rochniyes - Torah & Tefillah.

B"h i manged to get hold of myself a bit, didnt watch a movie since im clean

Thought i'm still addicted this time to GYE, but its for sure better then of the other things i was, and here i keep on gettin Chizuk to fight the other addiction.

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Re: Group 196

Posted by will Succeed Beh - 21 Dec 2016 15:38

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Hey Friends

21 Days = 3 Weeks, some sort of Chazoko:joy:.

But wont joy let distract me, going on strong.

BTW got a new line in my Signature

**Life** is like an **Onion**,

You **peel** of **One layer** at a time,

And sometimes you **Weep**.

Like?

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Re: Group 196

Posted by will Succeed Beh - 21 Dec 2016 15:38

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Mazel Tov to our passing 2000 Views:peace:

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Re: Group 196

Posted by shua73 - 21 Dec 2016 16:17

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[Singularity wrote on 21 Dec 2016 08:13:](#)

actually, I feel not even considering it might be detrimental to the overall struggle.

Lust addiction is one thing. But if you don't attack the core, those addictive tendencies will always be there. It requires holistic analysis. *Da'as Atzmo*. First step in *Avodas Hashem*... By seeing how it added no value to my life. And it wasn't as alluring as unbridled lust (as we all know)...

**Yosef:**

It sounds very white-knuckley. Cold Turkey, but sounds VERY reluctant. I think what will be most effective is working on the means to understand why it is in fact good. But that takes a lot of time. Practice. Self discovery. Hatzlocha on that. But don't see the abstinence as holding your breath. Because, well, you'll have to come up for air at some point....

I agree 100% if that means anything. My personal experience is a little different (so far just passed two weeks which isn't that much in the grand scheme of things). For me, learning that there is an actual physical difference in my brain that can be actually seen by a doctor (such as how the different hemispheres of my brain and it's cells interact with one another) was something that really struck me. It became more similar in my mind to alcohol, smoking, or drug addiction. Although I knew many different things about myself and what about it was addictive and *alle gute zachen vechulu*, that knowledge helped push me to want to stop. I need good grades and if this is holding me back, not necessarily bc of the time it takes away but more so bc of how it rewires my brain to not have the same capacity as it used to, then it's more important for me to stop than just bc it's wrong.

When I am struggling, it's generally bc I feel lonely or upset or something similar (also, being tired greatly exacerbates those potential triggers). Those feelings cause me to retreat inward

and focus selfishly on myself and ask myself what do I want now or what's in my immediate personal self interest. Since I feel hurt, I want to give myself something to make me feel better. However, now that I have a greater understanding of how it's in my own self interest to stop, the landscape of struggle is now different. I am now choosing between two self interested choices.

Although it is always in my own self interest to stop even when it's bc I understand how it's isolating me, isolation is indirectly a personal harm. It is not the same as actually hurting myself. Even more so, when I struggle, I feel isolated already. Therefore, telling myself that I shouldn't give in bc I'll isolate myself and so on, requires me to balance my short term desires against a long term goal of the same character, which will generally lead me to choose the one that's right now instead of choosing the one for later.

However, now I am comparing different goals and benefits. The choice now encompasses different benefits and different harms. This makes it easier for me to weigh them against each other as there are more differences between them ...

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Re: Group 196

Posted by shua73 - 21 Dec 2016 16:19

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To lighten up the mood, here's a joke.

what does a JAP make for supper?

**Warning: Spoiler!**

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