

Sur mera' va'aseih-tov
Posted by Here - 20 Oct 2019 20:09

First post starting on Hoshana Rabbah 5780 (2019): I tried *Sur mera* and now realize I need the *Aseih-tov*. My posting is the *Aseih-tov*; G-d willing, may I succeed. Love to hear from you all.

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Re: Sur mera' va'aseih-tov
Posted by gye5770 - 23 Oct 2019 14:39

Welcome

With time i realised there are two types of sobriety. Negative and positive.

Negative means as you say Sur merah - push away anything negative, anything lustful, any fantasies - push them away, but by me they came back even harder after that and it usually ended in a fall. Whereas positive sobriety means by me, instead of actively pushing it away i started thinking of other thing or started reading books from the Shmuz, that way starting to think of other things and through that the fantasy or the feeling did not come back stronger

Hazlacha

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Re: Sur mera' va'aseih-tov
Posted by Hashem Help Me - 23 Oct 2019 20:52

Welcome. It should be with hatzlocha!

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Re: Sur mera' va'aseih-tov
Posted by Here - 24 Oct 2019 09:49

Hi, thank you for the reply and sharing your experience. I did have that fall a few days later as you described; fun is a lot more tempting than work. I have what to keep me busy it's the computer which is the challenge. Can you tell how you handle the computer situation. I have

Gentech on high filtering but I still manage to google images, pictures in the hope of finding a website that isn't blocked.

Look forward to hearing from you.

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Re: Sur mera' va'aseih-tov
Posted by Here - 24 Oct 2019 10:27

Thank you for responding. I take chizuk from your story. Please tell me how you deal with using the computer. I have Gentech on high filtering but I still manage to google "images", "pictures" or the like hoping of finding a website that isn't blocked. After finding such a site I spend some time there until I send in a request to block them.

Look forward to hearing from you.

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Re: Sur mera' va'aseih-tov
Posted by Dave M - 25 Oct 2019 12:21

I also have Gentech. I had them set up image blocking, which might help with what you are describing. But keep in mind that the best filters are the ones you don't try to break.....

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Re: Sur mera' va'aseih-tov
Posted by Here - 25 Oct 2019 14:00

Yes, I agree. I called them to remove explicit images. I didn't know of that option. Thank you

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