

Stuck with unfiltered devices

Posted by TheSicarioWarrior - 19 Apr 2020 07:01

Have been struggling mightily recently. Obviously with the current matzav it hasn't been easy for many, but its been especially hard for me. Being stuck at home with multiple unfiltered devices (none of which are mine, so I can't filter or get rid of them) which are left out at night (after everyone has gone to bed) has led to me falling repeatedly over the past couple of nights and weeks (as unbeknownst to the owners of these devices, I know the passcodes to said devices). Any eitzos? Would be greatly obliged.

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Re: Stuck with unfiltered devices

Posted by Calculator - 19 Apr 2020 07:44

I know that situation and by no means know "the answer".

Maybe a few ideas:

If you are in an imperfect situation, don't think that some lesser than perfect goals are not good for now. Trying to aim for a few days at a time clean instead of longer goals. Or a goal of falling no more than once a week. (all depends on an honest assessment of where someone is holding at that particular moment)

On the other side, try to work on filling that time:. order some interesting books online that you'll be interested in reading at night, or even some entertainment pre-planned so you have a plan for when everyone is asleep that you'll watch this or play this game or whatever then go to sleep. Again, perfection isn't necessarily the answer.

Finally, try to consider what's driving you to do something which you don't like and start making that journey. Listen to some classes, get a journal. At least insist you right down some issues before or after a fall. If there is something like a job is causing this feeling, a relationship this feeling etc. Focus on something that can be worked on. When my ____ talks to me, it makes me _____. Why is that? What middah could I work on to help me deal with this reaction?

Some thoughts! Stay Strong

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