

I took that leap

Posted by Taharat Yisrael - 26 Sep 2021 10:38

Hey guys! I'd like to share something with you guys. I deleted the YouTube app and over chol hamoed I blocked Netflix entirely! I started falling a lot by looking up bad videos and adds on YouTube so I realized that the YouTube I access through my filtered searches engine is much cleaner than the app so I blocked the app. Then I fell two days in a row by looking things up on Netflix. As much as I feel im not ready to give up movies and shows entirely (at least for bein hazmanim), I have no choice as the stuff there is so so bad. Relying on books now for entertainment. Wish me hatzlacha. I'm on day 4 and I just took a big leap.

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Re: I took that leap

Posted by anonymousmillenial - 26 Sep 2021 11:43

Beautiful!!!

I know how hard it is to give up this stuff. Even just a bit of it.

Even though we might not be ready to give it all up just yet, every step we take in the right direction is a major victory.

By understanding where we fall and consequently setting up a fence (in your case by deleting the app and blocking netflix), we're slowly telling ourselves that this is not what we truly want.

Keep it up!!

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Re: I took that leap

Posted by Taharat Yisrael - 26 Sep 2021 21:49

Thanks. The thing is I still fell back when I learned in a yeshiva which banned smartphones. I was just more obsessed w taava. Now I'm stronger then I was back then though so just gotta fight! Looking forward to ????? ????.

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Re: I took that leap

Posted by anonymousmillenial - 26 Sep 2021 22:43

Don't worry about falling back.

A person should try not to fall back, but if he does, he should just pick himself back up right again.

"Sheva Yipol Tzaddik **V'Kom**"

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Re: I took that leap

Posted by Taharat Yisrael - 27 Sep 2021 05:32

Thanks. I need that now as I just fell. I was tired and woke up w a lot of taava. Tried taking a cold shower but ended up falling when I almost made it. Very upsetting bec as much as I block I need to reprogram my brain in order to stay clean. Made it to day 4 though.

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Re: I took that leap

Posted by Markz - 27 Sep 2021 13:17

[Taharat Yisrael wrote on 26 Sep 2021 10:38:](#)

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YouTube so I realized that the YouTube I access through my filtered searches engine is much cleaner than the app so I blocked the app. Then I fell two days in a row by looking things up on Netflix. As much as I feel im not ready to give up movies and shows entirely (at least for bein hazmanim), I have no choice as the stuff there is so so bad. Relying on books now for entertainment. Wish me hatzlacha. I'm on day 4 and I just took a big leap.

That's awesome!

So someone has your AppStore password now?

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Re: I took that leap

Posted by Taharat Yisrael - 28 Sep 2021 18:30

I have a netspark account that someone in yeshiva has access to.

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Re: I took that leap

Posted by Markz - 30 Sep 2021 00:50

[Taharat Yisrael wrote on 28 Sep 2021 18:30:](#)

I have a netspark account that someone in yeshiva has access to.

Hey you forgot to use the quote button, so it's clear what you're responding to.

I wasn't asking if someone else has access to your device. Rather - are you the one setting the filters? If yes, it may be an endless battle.

Is there a Rabbi / Counselor you can confide in. That can be very powerful like you see in the

Hatzlacha!

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Re: I took that leap

Posted by Taharat Yisrael - 30 Sep 2021 05:47

Thanks for the advice but I don't have access to my own netspark account. Someone in ny yeshiva controls the settings. I ask him when I want somethinh blocked. Btw does anyone know how to delete a whatsapp profile picture?

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Re: I took that leap

Posted by Taharat Yisrael - 12 Dec 2021 12:32

Hey! I think the biggest solution is not obsessing over taava and giving it as little attention as possible. One needs ????????,but besides for that the less attention it gets the better. Nearly all my falls happen when its looking in the back of my mind. That causes ???? and something I see or fantasize about can quickly can snowball into a hard fall. I think I can go weeks if I just stop thinking about it all.

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