

This time will be better

Posted by joetyh - 14 Jan 2022 10:58

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hey people!!! just had a fall 2 nights in a row after building my streak to 5 days... but you know what, 5 days, that was pretty impressive. I have made myself sort of reliant on videos to entertain myself during bein hasedarim and after night seder which means i occasionally need to access youtube which is a killer because it starts with downloading just some fun vlogs and/or product reviews and it goes downhill from there. I need to find a way to be able to get some videos (I dont think i can quit cold turkey from watching and 613tube isnt an option) but not falling down that terrible rabbit hole of the "How bad of a video can i find on YouTube). besides for youtube theres the plain urges that come and I just feel powerless against them. I try to beat them but its so so hard to. even the smallest trigger (i.e. seeing a random pretty girl in the street) can just set me off on a bad day. I really want to be clean!!! I really do!!!! But I feel like as soon as the urge comes I just decide that "it's just this time" and I'll find an excuse to justify it.

I'm on day 1 now. My goal right now is 1 week. I think I can do it and I know it will be very painful but I'm ready.

any suggestions or if you can relate hop on to this topic

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Re: This time will be better

Posted by Shtarkandemotional - 10 Feb 2022 06:39

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[joetyh wrote on 10 Feb 2022 01:28:](#)

I messed up.

I messed up

I freakin messed up after 23 days of clean

and I lost money in the process

God why? I blocked everything on my phone. I got rid of 2 phones I got rid of twitter, telegram, instagram and all I have is a couple of stupid basic websites and I still fall!!!! So what's the

point!!!!

Every ounce of effort you put in is saved forever! And not only that, this has helped you tremendously in your journey... think of it like a marathon - a guy needs to run 30 miles.. so if he just ran 10 he just prepared himself tremendously and did get quite far! We need to focus on the 23 days of success and that we can make it 2,300 days bezH! Keep it up!

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Re: This time will be better

Posted by Shtarkandemotional - 10 Feb 2022 07:10

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Just some points that might be worthwhile to think about for yourself.. It took me a long time to truly come to this realization..

1. make a system to keep your clarity going. The clearer we are why we don't wanna view porn the easier it'll be to stay back. After all the more we don't like something the easier it is to not touch it. (perhaps writing down every reason why you wanna stop porn and triggering material? and reminding yourself it each day for 10 min?) it takes a lot of Internalizing why we wanna actually stop! So many people don't know! They're just expecting to hold out strong for the rest of they're lives based on an uncomfortable feeling after falling! Well, that feeling doesn't stay forever and in just a few days we'll be back to the place of - that's awesome stuff. We MUST reach a clarity that's real and authentic that applies even on day 10,000 before moving forward and trying to break free and only soon failing and draining ourselves out in this lust battle..

2. making porn not an option in your brain! Therefore it won't be filter based. It always makes the fight so much easier! How about making a vow you'll rip up 20\$ within 24 hrs of viewing porn? This is just one of many ideas of making it not an option.

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Re: This time will be better

Posted by joetyh - 10 Feb 2022 10:59

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[Lost In Search wrote on 10 Feb 2022 04:09:](#)

[joetyh wrote on 10 Feb 2022 01:28:](#)

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Try having an accountability software, it works a lot better than a filter, if someone is struggling in this area he will keep on going around the filter.

I tried so many filters but kept on viewing shmutz despite the filter, the filter blocked porn, but I still was able to get around it, I now use webchaver and have more success with it.

There is no accountability software for iOS that works on the whole iPhone it will only work in covenant eyes terrible browser

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Re: This time will be better

Posted by Lost In Search - 10 Feb 2022 11:38

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[joetyh wrote on 10 Feb 2022 01:28:](#)

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I am posting a link to the accountable2you website, it's good for ios software, their website says that they work in the safari and chrome browsers, so that should work for you.

heres the link

[Complete Accountability App for iPhone and iPad - Accountable2You](#)

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Re: This time will be better

Posted by joetyh - 10 Feb 2022 12:20

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[Lost In Search wrote on 10 Feb 2022 11:38:](#)

[joetyh wrote on 10 Feb 2022 10:59:](#)

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heres the link

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I would want accountability on the whole phone not just the browser

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Re: This time will be better

Posted by Human being - 10 Feb 2022 13:55

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[joetyh wrote on 10 Feb 2022 01:28:](#)

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God why? I blocked everything on my phone. I got rid of 2 phones I got rid of twitter, telegram, instagram and all I have is a couple of stupid basic websites and I still fall!!!! So what's the point!!!!

Let me just mention a couple things.

1- Before we do anything can we just be with Joetyh and commiserate with him? Its gotta be really painful to be flying so high and then feel like crap all over again.

2- @Joetyh do me a favor and buy yourself something special for the 23 awesome days you had. You really are amazing.

3- @Joetyh look how many people are following your journey! We all believe in you, and know this, you are doing great! Keep it up. We are all looking forward to you getting back up again and growing ever much more. Keep@it!!!!!!

**Warning: Spoiler!**

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Re: This time will be better  
Posted by joetyh - 10 Feb 2022 15:11

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I posted this on the GYE WhatsApp group

"Because that little piss off voice in my head is trying to convince me that the 23 days are in the garbage and I am a bad person and how could I fall so low...."

And Dov responded with an amazing message

"Of course it's terribly upsetting to lose a streak. But of course the 23 days are in the garbage. Yesterday's always in the garbage if we're looking for 'momentum' to carry us through. Because as chazal tell us in many places today is the day that matters, not yesterday. There has to be an actual change in our approach and values, for good things to persist."

I then asked

"...I need help not sexualizing every girl or woman on the street. I wish they can be just like telephone poles...."

To which he responded

"Women in the street are not random telephone poles.

They are random people."

"That's a good place to start."

"The entire romantic drama of pretending that I'm in the middle of a giant fight pretty much sets us up for complete failure."

I just figured I'd share this. It really hit me.

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Re: This time will be better

Posted by DavidT - 10 Feb 2022 15:30

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[joetyh wrote on 10 Feb 2022 01:28:](#)

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God why? I blocked everything on my phone. I got rid of 2 phones I got rid of twitter, telegram, instagram and all I have is a couple of stupid basic websites and I still fall!!!! So what's the point!!!!

Sorry to hear that you feel that you messed up.

You're asking "what's the point?"

The point is that you're a normal human being and we all have ups and downs. Almost no one quits cold turkey. You're in a process of recovery and you're actually doing GREAT!

**23 clean days!!! celebrate it!**

Now there's one thing to do, dust off and continue your AMAZING successful battle! Hashem is



waiting to see more nachas for you...

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Re: This time will be better

Posted by Bilaam Harasha to Yosef Hatzaddik - 10 Feb 2022 16:02

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With apple screen time your designated "parent" can see what apps you use for how long and what websites you visited and how much time you spent on them irregardless of browsers. You probably know this but maybe you have other apps on your phone that you shouldn't have, in which case you have to delete them like you did for a few apps you mentioned above. If it bothers you to have such unrestricted internet access I suggest you monitor your history to see what websites you normally visit and add them and maybe a few more you may need. I'll be more happy than to drop my allowed websites list below. It includes secular websites like fedex that you may need to religious websites.

If you do that you'll have accountability and a good filter. That's the set up I have for my iPhone and it's going great. Your right about the covenant eyes browser being trash though, I still use safari and I only have covenant eyes for the vpn which tracks background website activity.

This really is the best option for you because apple is privacy first so you wouldn't be able to get the complete accountability you're looking for aside from using apple screen time.

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I B"H have no apps on my phone that I shouldn't (besides for games that I shouldn't have because I'm freakin 22 I should get a life lol)

and my website list doesn't even have fedex....

I want a filter cuz I am too restricted but I'm scared to open up websites because that means they are fully open....

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Re: This time will be better

Posted by Bilaam Harasha to Yosef Hatzaddik - 10 Feb 2022 22:45

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Here's my list of links that I allowed for myself on iphone through apple screen time. Feel free to add on but don't add any sites that are as follows: google.com/slides or whatever This is because for whatever reason apple screentime allows you to access google.com, the search engine, if you add sites like that even though your intention is only to use those services like google drive or whatever. I found out the hard way and I had to remove all the websites in that format to get rid of this loophole. By allowing a search engine like that you allow for yourself to look up pictures that you shouldn't look at and apple doesn't block it whatsoever if you do this.

[torah.org/](https://www.torah.org/)

[alldaf.org/](https://www.alldaf.org/)

[optimum.net/](https://www.optimum.net/)

[fedex.com/](https://fedex.com/)

[yourshiur.com/](https://yourshiur.com/)

[halachipedia.com/index.php?title=Main\\_Page](https://halachipedia.com/index.php?title=Main_Page)

[halachipedia.com/](https://halachipedia.com/)

[torahanytime.com/](https://torahanytime.com/)

[sefaria.org/texts](https://sefaria.org/texts)

[sefaria.org/](https://sefaria.org/)

[yadlachim.org/](https://yadlachim.org/)

[halachashiur.com/](https://halachashiur.com/)

[ou.org/](https://ou.org/)

[aish.edu/](https://aish.edu/)

[idf.il/en](https://idf.il/en)

[pizmonim.org/](https://pizmonim.org/)

[ups.com/](https://ups.com/)

[f2f.guardyoureyes.org/join](https://f2f.guardyoureyes.org/join)

[guardyoureyes.com/](https://guardyoureyes.com/)

[allparsha.org/](https://allparsha.org/)

[artscroll.com/](https://artscroll.com/)

[korenpub.com/](https://korenpub.com/)

[learntefillah.com/](https://learntefillah.com/)

[chabad.org/](https://chabad.org/)

[desmos.com/](https://desmos.com/)

[aish.com/](https://aish.com/)

[alephbeta.org/](https://alephbeta.org/)

[itorah.com/](http://itorah.com/)

[jewsforjudaism.org/](http://jewsforjudaism.org/)

[translate.google.com/](http://translate.google.com/)

[outorah.org/](http://outorah.org/)

[torahlive.com/](http://torahlive.com/)

[feldheim.com/](http://feldheim.com/)

[yeshiva.co/](http://yeshiva.co/)

[beta.kehot.com/](http://beta.kehot.com/)

[usps.com/](http://usps.com/)

[f2f.guardyoureyes.org/](http://f2f.guardyoureyes.org/)

[darkeabotenou.com/](http://darkeabotenou.com/)

[mangolanguages.com/](http://mangolanguages.com/)

[store.kehotonline.com/](http://store.kehotonline.com/)

[webchaver.org/](http://webchaver.org/)

[theshmuz.com/](http://theshmuz.com/)

[www.yeshiva.co/](http://www.yeshiva.co/)

[increaseyourtrustingod.com/](http://increaseyourtrustingod.com/)

[projectlikkuteisichos.org/](http://projectlikkuteisichos.org/)

[breslev.com/](http://breslev.com/)

[allmishnah.org/](http://allmishnah.org/)

[www.rabbis.org/](http://www.rabbis.org/)

[oujlic.org/](http://oujlic.org/)

[venishmartem.com/](http://venishmartem.com/)

Hope this helps.

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Re: This time will be better

Posted by sleepy - 11 Feb 2022 02:08

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i just wanted to add my 2 cents to say that alot of people are random people in street who behave like telephone poles and as far as not being surrounded by a war there are those who have said that we are surrounded by a war "panim v'ocher" and a person should know when he is any random situation , what is my nisayon right now , and the nisayon of the street is histaklus

hmm maybe i should join the watsapp group, it sounds interesting...

but joetyh if anyone says something that inspires you,run with it!!, not that it matters , i was just posting my own opinion

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Re: This time will be better

Posted by joetyh - 11 Feb 2022 08:27

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Day 1!!!!

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Re: This time will be better

Posted by Human being - 11 Feb 2022 10:06

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Yes! Here goes Joetyh! Picking himself up and getting #higher

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