

This time will be better

Posted by joetyh - 14 Jan 2022 10:58

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 Hashem Help Me - 11 Feb 2022 12:33

[joetyh wrote on 11 Feb 2022 12:29:](#)

Just a little thought I had.

I was zocheh to make a siyum yesterday with my Daf Yomi Chaburah and while I was saying the ???? something popped out at me. It says ??? ?????? ??? ??????, ??? ?????? ???????? ??? ?? ?????? ?????? ?????? ???. And I thought hey this is me. If the only point is the end goal than I'm nothing but as a Yid every day is something even if I don't get to my goal I still git 23 days under my bank account

And as advised by DavidT, celebrate those 23 days - just as we celebrate a siyum. It will give you the push to make more siyumim....

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Re: This time will be better

Posted by jackthejew - 11 Feb 2022 13:32

[Hashem Help Me wrote on 11 Feb 2022 12:33:](#)

[joetyh wrote on 11 Feb 2022 12:29:](#)

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And as advised by DavidT, celebrate those 23 days - just as we celebrate a siyum. It will give
you the push to make more siyumim....

#moresushi #celebrateand**roll**on

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Re: This time will be better

Posted by joetyh - 13 Feb 2022 07:05

Day 3!!!

we have a chazaka.

I got a Gentech filter installed on my iPhone last night but the guy who set it up clearly had no
idea what he was doing because when I ran my test I got straight onto a bad website (I didn't
watch anything just checked if it opened) so I put Apple restrictions back on hopefully Gentech
can help me today when they wake up....

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Re: This time will be better

Posted by Hashem Help Me - 13 Feb 2022 12:51

You are a hero! How many of us, after realizing the filter was off would not find some excuse to "just test the filter a little more"? By the way, did it get fixed?

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Re: This time will be better

Posted by joetyh - 13 Feb 2022 14:04

Yes this afternoon I got an email from them saying it's fixed so I made sure it was with a trusted friend before taking off the Apple restrictions. (I still left them on for limiting adult content just in case..)

They fixed it so well that half my apps (including WhatsApp) don't work now I gotta wait for them to respond to that

but as I always say "a couple seconds of annoyance from the filter will be so much more enjoyable than the hours of no filter....."

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Re: This time will be better

Posted by Shtarkandemotional - 13 Feb 2022 15:38

[joetyh wrote on 13 Feb 2022 14:04:](#)

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They fixed it so well that half my apps (including WhatsApp) don't work now I gotta wait for them to respond to that

but as I always say "a couple seconds of annoyance from the filter will be so much more enjoyable than the hours of no filter....."

Firstly, wow! Your amazing. Keep it up!

If I can just add, I think the mindset should be that regardless of the filter or not. Access or not. We're gonna stay strong.. and we have to ask ourselves why? And that's upon each individual to answer! If we don't feel this way.. we're allowing our filters to fight for us which never has shown long term success.

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Re: This time will be better

Posted by joetyh - 14 Feb 2022 05:33

Day 4!!!!

went to bed earlyish last night because I told my friend that he should hold my smartphone at nights or if he's not available I'll just turn it off @ 12.

I spent about 2 hours on the phone with Gentech last night because the tzaddik in TAG installed the filter the wrong way so it wasn't really functioning properly (first nothing was blocked than everything was blocked....) but B"H with Hashem's help we were able to fix it over the phone.... (Thanks Indian fellow!!!!)

Now we are on project filter my mind!!!!

#MindFilter

so 3 more days till a week!!!!

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Re: This time will be better

Posted by joetyh - 15 Feb 2022 12:56

Day 5!!!!

just a regular day oh and it's Purim Katan so Shachris was short.....

Bez"H it will be another clean day!!!

positive vibes!!!!!!

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Re: This time will be better

Posted by joetyh - 16 Feb 2022 13:13

but I'm looking at the past 29 days
and I can say that for the first time in my life I only did this stuff 1/30 instead of what was usually
1/2 or on a good week 1/5.....

that's insane!!!!!!

Im sitting here sipping my coffee in a coffee shop outdoor seating so much more in peace with
myself than a couple of weeks ago!!!!

no I don't need to look at the group of girls desperately trying to get peoples attention sitting not
far from me. I've got my ear buds in with some good country music.... Im busy now with real
stuff no need for that fake stuff I'm feeling strong now but I need to remind myself that I was

I feel like such a Balabus sitting with my latte and my iPhone I should be allowed on the

ok thanks guys!!!!!!

Today is day 6!!!! Tomorrow would have been day 30....

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Re: This time will be better

Posted by joetyh - 17 Feb 2022 02:12

And than I had a fall.

I was stressed out and instead of dealing with it the proper way (reaching out to someone or going on a walk) I decided to go back to my old fix

my filter was so good that it took me a while to find something lol not funny

but hey we can only learn from our falls

now what would've been day 30 is fall 2/30 but that's progress.....

wth I'm upset with myself

im being a little bipolar right now

not sure if I am feeling really guilty or not

help

ok tomorrow is another day

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Re: This time will be better

Posted by joetyh - 17 Feb 2022 13:04

Today will be a clean day.

who cares about yesterday?

who cares about tomorrow?

today is today.

no my Yetzer Hara is not letting me get off easy today.... Hashem I can't do it alone.... Please I need You to help me!!!!

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Re: This time will be better

Posted by Human being - 17 Feb 2022 14:06

YOU amaze me!!! You have gotten so far already! You are such a good guy. Keep it up.

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Re: This time will be better

Posted by joetyh - 19 Feb 2022 18:55

Ok sorry I missed posting on Friday I was busy... I'm on two days clean but I feel like I can do it!!!

I know it's going to be a stressful week this week but tonight I will be clean watch me!!!!

shavua Tov!!!!

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Re: This time will be better

Posted by Mr.123 - 20 Feb 2022 04:51

we All got your back!You can definitely do it!

personally, at this point I think it's my first time In a real long time I'm clean for 2 days in a row.
Im going for a week.

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