

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

=====

=====

Re: This time will be better

Posted by joetyh - 31 Jan 2022 13:47

thanks!!!!!!! i will definitely have you in mind by my celebration!!!!

=====

=====

Re: This time will be better

Posted by joetyh - 31 Jan 2022 20:30

I am heading home in like 2 months and although I've never had an issue with this I am worried that my sister has an unfiltered laptop sitting around at home. I don't know if I know the password but that should be easy to get from her. My parents have asked her to filter it (not knowing about my struggles...) but she doesn't want to.... can I ask her upfront and tell her on a basic level that I struggle?

any other tips?

I do plan on not touching non filtered devices but still nervous...

=====

Re: This time will be better

Posted by DavidT - 31 Jan 2022 21:48

[joetyh wrote on 31 Jan 2022 20:30:](#)

I am heading home in like 2 months and although I've never had an issue with this I am worried that my sister has an unfiltered laptop sitting around at home. I don't know if I know the password but that should be easy to get from her. My parents have asked her to filter it (not knowing about my struggles...) but she doesn't want to.... can I ask her upfront and tell her on a basic level that I struggle?

any other tips?

I do plan on not touching non filtered devices but still nervous...

You can try to ask her in a way that you don't need to tell her about your struggle. For example, you might want to tell her that you've heard from Rabonim having a filter is required in halacha (to avoid accidental bad clicks or pop-ups etc) torah.org/torah-portion/weekly-halacha-5770-emor/

=====

Re: This time will be better

Posted by Vehkam - 31 Jan 2022 22:06

Sounds like a partner could be very helpful as part of your plan.

=====

Re: This time will be better

Posted by Human being - 02 Feb 2022 16:46

From what i understand, woman who don't struggle with lust issues have a hard time understanding a mans lust issue. So she may not install a filter even if you do tell her.

BUT that definitely increases accountability, because even if she doesn't understand, it will be a lot more awkward to ask her to use it if she knows what you are using it for.

=====

=====

Re: This time will be better
Posted by joetyh - 03 Feb 2022 16:46

17 Days!!!!

My parents have asked her but she doesnt want to....

i dont know what im going to do

=====

=====

Re: This time will be better
Posted by joetyh - 03 Feb 2022 16:47

sorry bout the lack of posts the past 2 days... i did not have access

=====

=====

Re: This time will be better
Posted by joetyh - 03 Feb 2022 17:08

I had this deal going with my Rosh Yeshiva that i can hace my laptop at certain times as long as i keep it in one of the offices during the other times... now i never got the key so eventually i ended up keeping it in my room. Recently someone was trying to get something from my Rosh Yeshiva and he said the fateful words of "but he has a laptop...." so now it's trouble... I'm just venting and I'm currently working on a solution but its getting me annoyed.

I like being able to access GYE whenever i need that chizzuk

I dont like the feeling of limited time slots...

whatever...

=====

Re: This time will be better

Posted by Trouble - 03 Feb 2022 17:46

Recently someone was trying to get something from my Rosh Yeshiva and he said the fateful words of "but he has a laptop...." so now it's trouble... I'm just venting and I'm currently working on a solution but its getting me annoyed.

you called?

=====

Re: This time will be better

Posted by joetyh - 06 Feb 2022 13:42

Aight we back on. We are on day 20!!!! One day until 3 weeks!!!!

=====

=====

Re: This time will be better

Posted by joetyh - 07 Feb 2022 07:18

THREE WEEKS!!!!!! I never believed I would make it past 5 days.... It's actually insane!!!!

Anyone has suggestions for me to stop looking at random girls in the street? I'm not even looking at them in a lust way usually just looking at them...

=====

=====

Re: This time will be better

Posted by Human being - 07 Feb 2022 07:52

Keep it up your amazing

=====

=====

Re: This time will be better

Posted by jackthejew - 07 Feb 2022 10:19

[joetyh wrote on 07 Feb 2022 07:18:](#)

THREE WEEKS!!!!!! I never believed I would make it past 5 days.... It's actually insane!!!!

Anyone has suggestions for me to stop looking at random girls in the street? I'm not even looking at them in a lust way usually just looking at them...

The first look isn't a problem, it's only when you continue looking that the issue begins. So if you're "just looking" for the **first** second is fine, after that it's ???????. Obviously, if that first look is lusting, it's also a problem

=====

=====

Re: This time will be better

Posted by jackthejew - 07 Feb 2022 12:09

From the GYE Wiki:

- When I am in the street and I see something, I know that I need to find something else to look at immediately, no questions asked. Then when the urge comes to have a second look I try to take a few deep breaths and think about what will happen if I don't look again. It's sometimes hard to look away but I won't have to look at the sidewalk forever, as with most things, *gam zeh ya'avov*. This is not very difficult when I am strong, but when I am in a lustful state or feeling down emotionally it's very difficult to put up the fight. When I am seeking, and then I see something, it's like "*mazal tov* I can now feed this monster..." obviously makes it that much harder to look away. For this the only thing that works for me is to decide before I go out that even though I am not feeling my best, this is yehoreg v'al ya'avov, this takes priority. It doesn't always work but nothing else has worked better. [#wilnevergiveup\[2\]](#)
- There is a saying here. The first look is on G-d the second look is on you. [#Hakolhevel\[3\]](#)
- As for walking in the street, I've found if you ignore and don't linger on a sight, it can't control you. If you're in a pretty bad part of the neighborhood (e.x. Manhattan) then try to walk looking down, yeah yeah "I look so stupid", "that's not for me, that's for the big Gedolim". Say whatever you want but it works [#Meyer M.\[4\]](#)
- The eyes and mind are the two most important filters there are. Yes, you will see attractive women and some of the time they will be dressed immodestly, but it's how you react that will make all the difference. As addicts, we tend to fixate on things we shouldn't, we tend to think that if we look away we might be missing out on something... but the truth is there is no real enjoyment to be had from this filth! The sooner I realized that and the more clearer that has become, the better and longer I've remained sober. [#Haleivi76](#)

=====

=====