

YouTube leading to Fails... Any ideas?

Posted by Emes-a-Yid - 28 Feb 2023 00:24

I need some help breaking away from using YouTube platform, including watching all sorts of videos, which besides leading to

1. many waste-less time

2. negative impact on sleep,

3. Kills productivity,

(have diminished control over watching excessive amounts of video content).

Plus other negative influences from the open world society, literally to anything vast out there, as blunt and exposed without any blockages, since YouTube admins are the only ones in charge to block users and videos based on their own decisions of the "wisest non-rebbeim" etc.. It is a very hard reality to break free, but definitely with someone willing to challenge me and maybe working together it can help very much. It may sound strange but I forgot to include the main issue that may lead from such random videos is the issue of wanting a created desire onto an explicit site if you understand me..etc... So with that being said, anyone also dealing with the YouTube Problem of trying to break away and can't? And is there anyone willing to maybe help me and challenge (may have to be a 2 person deal to better solve to want to do it) each other..? If you are interested and have an idea please respond, I am eagerly trying to stop, week after week and thinking it will end yet get back on it.

Thanks for the support. Please let me know your feedbacks.

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Re: YouTube leading to Fails... Any ideas?

Posted by Emes-a-Yid - 27 Mar 2023 05:54

BH week one completed as said in an earlier post, received many may'los. Now on to week 2 of no yt, started sunday 3.27 till 1 week sunday inclusive BzH! Hatzlacha me =)

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Re: YouTube leading to Fails... Any ideas?

Posted by chancy - 27 Mar 2023 15:45

Yes, neuroplasticity is the name of the game here....

I think webcahver is always important, as ive learned.

What happens when you dont have it is you look for holes on the filter or sites that will not catch etc.... onc you have webchaver, thats over, you will stop searching for anything bad because you partner will see right away that you are up to no good.

And yes, please check out the f2f again.

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Re: YouTube leading to Fails... Any ideas?

Posted by Horizon - 27 Mar 2023 16:26

you make a good point

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Re: YouTube leading to Fails... Any ideas?

Posted by Emes-a-Yid - 28 Mar 2023 05:05

Slowly trying to shift away from yt, Did a week straight then break for a day or so, then another week right now about to be done, 2days down 5to go!

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Re: YouTube leading to Fails... Any ideas?

Posted by Emes-a-Yid - 30 Mar 2023 05:40

A week and 4 days down without any YouTube, which lead to most of my problems, BH, let's keep strong!!

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Re: YouTube leading to Fails... Any ideas?

Posted by chancy - 30 Mar 2023 16:22

Amazing!

Its unreal what we can get done when we want!

Hatzlacha!

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Re: YouTube leading to Fails... Any ideas?

Posted by Emes-a-Yid - 02 Apr 2023 07:22

2 weeks done!

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Re: YouTube leading to Fails... Any ideas?

Posted by iLoveHashem247 - 02 Apr 2023 13:35

Late commenter on the topic but what works for me is to have a strong filter and block Yoututbe, then if I need something for work or education etc I request that page. Take a few minutes to get approved and by that time I sometimes figured it out already and don't watch anyway. The time delay is a big help

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Re: YouTube leading to Fails... Any ideas?

Posted by Emes-a-Yid - 09 Apr 2023 04:45

3 weeks no youtube..

Incredible of how much of a difference it has been without it, thanks for the challenge. I will bh do another week starting tom. Hatzlacha all!!

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Re: YouTube leading to Fails... Any ideas?

Posted by chancy - 10 Apr 2023 22:32

I hope that you can see that my harsh words in the beginning were meant to help you....

im happy that you took this step, I always tell people that dealing with things outside of our brains and bodies are so much easier to deal with, you just walk away and turn it off or throw it out, of course it's hard but usually only until you make the decision, once it's over, you forget very fast why you needed it.

the real struggle is to deal with urges that come from without where you can't just shut it off..... Hopefully you won't have a hard time with that...

Good Luck and keep growing

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Re: YouTube leading to Fails... Any ideas?

Posted by Emes-a-Yid - 11 Apr 2023 05:04

[chancy wrote on 10 Apr 2023 22:32:](#)

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Chancy, you come to haunt me good for you!

the words with the mashal- smooth as butter, it takes time until you are somewhat out to realize

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Re: YouTube leading to Fails... Any ideas?

Posted by Misgaber96 - 13 Apr 2023 12:09

Emes a Yid, what a man! Behatzlacha on every day you achieve another day of sobriety from youtube. Please speak to us before going onto youtube if you do "need" to for something. Because you actually might need it! Just get us involved before and after you do this. It is called bookending.

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Re: YouTube leading to Fails... Any ideas?

Posted by Emes-a-Yid - 14 Apr 2023 05:48

[Misgaber96 wrote on 13 Apr 2023 12:09:](#)

Emes a Yid, what a man! Behatzlacha on every day you achieve another day of sobriety from youtube. Please speak to us before going onto youtube if you do "need" to for something. Because you actually might need it! Just get us involved before and after you do this. It is called bookending.

Thanks for the offer. I have been way more in tuned when not watching videos throughout the day, even during bn zman it's so much more helpful. I have been walking a bit and I have a very strong grip to watch what I look at before hand and avoiding those situations when possible. Hashem has been with me, and BH it's doing great for me

I can now say this although there was many days Yom Tov, it's been almost 4 weeks no YT!

amazing how time flies and Bh helped me to say the least from worse sites from such..

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Re: YouTube leading to Fails... Any ideas?

Posted by Misgaber96 - 15 Apr 2023 12:57

[Emes-a-Yid wrote on 14 Apr 2023 05:48:](#)

[Misgaber96 wrote on 13 Apr 2023 12:09:](#)

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Amazing work!

Thank you for sharing!

Hatzlacha Raba

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Re: YouTube leading to Fails... Any ideas?

Posted by Emes-a-Yid - 20 Apr 2023 00:31

4 and a half weeks of no youtube! I only use it in very very specific cases, but bh doing great!

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