

Tried a lot of things but failing over and over
Posted by benblum - 19 Oct 2023 19:26

Hi, I have been member of GYE for many years now. At the beginning I was very active (logging every day), chatting, reading the forum, trying the tools. It worked for me. I started getting sober. I started understanding. I even reach 90 days. but after that, I started again with P&M like before. Then I discovered SA. I was active at the beginning. I thought I found the door to freedom from this insanity. Went to meetings (in person and zoom), made phone calls, was connected, was doing readings and all kind of inventory. At the beginning, it worked for me. I was getting some sense of sobriety, I was being honest and I was making real connections but then with time I went back to my usual me, my acting out. I do not run from the urge, I embrace it and each time I think to myself, I failed again. I like acting out, I cannot lie. I do not have painful consequences from it. Some tell me that until I have painful consequences, I will not stop. Other tells me that I need to make disclosure and destroy my life in order to have a chance to rebuild it, some tells me to go see a therapist...Every story is different and I am honestly lost. I acted out most of my life, always with myself and fantasies. I would like to change but I seems glued to my old habit, my old me. Lust is my best friend, my confident. It knows all my secrets. I know that I am the problem. I know that in order to get better, I have to change myself but I tried over and over again. I am praying to Hashem, I am making strategies, using tools and program, I am reaching to sponsors and friends but when the urge comes, everything goes out the window. "Just let me have it!" is the only thought that come to my mind. No good resolution, no good intentions seem to survive my urges. A part of me loves acting and the other part hates it. And one is much stronger than the other, much more powerful. Some tells me to stay from lust just for one and it sounds good and easy but the truth is that when it comes, my good intentions do not mean anything. I wish I could see progress, I wish I could say that I grew but I don't think I did. I learn much about this addiction, this disease, about its powerful mechanisms, how it affects the brain, about its real consequences, how it can destroy lives and hurt people...but unfortunately knowledge is not action. I know a lot but I keep acting out. I met along the road many friends, brave people that tried to help me, that were fighting too but sometimes I have the feeling that I am the only one that does not learn and I stay behind...If you have any suggestion, please let me know. I am really desperate. I think I was born with this challenge. Hashem is the only one who can help me and give me freedom from this but until now, my spiritual connection is probably way to weak and when the urge comes. I forget

So I decided to come back to GYE after being away for several years. This is the place when I once had some hope, when I saw tiny burst of light...GYE will not cure me. I will always be me. But maybe I can change, change from the inside...Start a new cycle where I can find help and somewhat change my way of thinking and my behaviors. Thank you for letting me share.

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Re: Tried a lot of things but failing over and over
Posted by benblum - 02 Nov 2023 02:18

I have several persons that I can call. But I just don't call them. I don't have the willingness to do
Desperate but I have to go on and keep trying what works..

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so. I end up acting out again today
Re: Tried a lot of things but failing over and over
Posted by bright - 02 Nov 2023 04:17

[benblum wrote on 02 Nov 2023 02:18:](#)

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What "works" for you? And is there a reason its not working now? Important questions.... Being
desperate, while perhaps warranted, will not solve anything. I feel for you though. We all do.

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Re: Tried a lot of things but failing over and over
Posted by adam2014 - 02 Nov 2023 09:54

[benblum wrote on 02 Nov 2023 02:18:](#)

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so. I end up acting out again today

There are days that you know what to do, but can't get yourself to do it. The YH is cunning... I
am going to have one of those days today, I can just feel it, I hope that I stay strong (and busy)

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Re: Tried a lot of things but failing over and over
Posted by chancy - 02 Nov 2023 14:03

[benblum wrote on 02 Nov 2023 02:18:](#)

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Desperate but I have to go on and keep trying what works..

Quick question.

Why dont you get a strong filter? Covenant eyes is not enough.

Or get an accountability partner that can see everything you see? Now is the time to implement new strategies and build new fences. Dont wait untill the YH wakes up again.

If you can just filter everything, you will start seeing a big difference.

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Re: Tried a lot of things but failing over and over
Posted by benblum - 02 Nov 2023 14:14

Thanks all for your reply. I don't know what works for me. I know that if I make a phone call, it will take away the lust at least partially. That is the reason why I don't make the phone call. I embrace the temptation instead of running from it. I dive into the fire instead of running for my life.

I have set up accountability partner with covenant eyes. It works as long as the software is installed. But as I found a way to remove the software pretty easily, then of course, it is not doing its job. I have tried filters but there are always things that can trigger me that are not necessarily being blocked by filter. Lust will find its way and the yetser hara will tempt me with whatever is available. I am trying to deactivating my possibility of uninstalling software. I have to look into that today quickly before the YR comes back for me. If you have suggestions, please please let me know.

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Re: Tried a lot of things but failing over and over
Posted by redfaced - 02 Nov 2023 14:22

[benblum wrote on 02 Nov 2023 14:14:](#)

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Lust **may** find its way no matter what . If the YH climbs in trough the window and tries to get you that's a lot more difficult to control - but at the very least Dont open up your front door & invite Him in.

You need a filter - and than goes the work .

No one ever quit smoking with the cigarette still in his mouth

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Re: Tried a lot of things but failing over and over
Posted by benblum - 02 Nov 2023 14:50

Yes you are right. As a matter of fact, I just checked and my solution won't work since the software I use to force remove the covenant eyes is a stand alone application. I am completely open to have a filter installed. Is there any particular filter you can recommend?

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Re: Tried a lot of things but failing over and over
Posted by benblum - 02 Nov 2023 14:51

The filter will not keep me sober but at least it will give a chance in the battle (No one ever quit smoking with the cigarette still in his mouth)

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Re: Tried a lot of things but failing over and over
Posted by redfaced - 02 Nov 2023 15:09

[benblum wrote on 02 Nov 2023 14:50:](#)

Yes you are right. As a matter of fact, I just checked and my solution won't work since the software I use to force remove the covenant eyes is a stand alone application. I am completely open to have a filter installed. Is there any particular filter you can recommend?

I use techloq

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Re: Tried a lot of things but failing over and over
Posted by benblum - 02 Nov 2023 15:47

Can it be uninstalled easily?

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Re: Tried a lot of things but failing over and over
Posted by redfaced - 02 Nov 2023 15:51

[benblum wrote on 02 Nov 2023 15:47:](#)

Can it be uninstalled easily?

As far as I know uninstalling without going through them, disables the computer

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Re: Tried a lot of things but failing over and over
Posted by chancy - 02 Nov 2023 16:09

Same with Meshimer.

Ive tried a long time ago to remove Meshimer or Tag and i messed up my computer.

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Re: Tried a lot of things but failing over and over
Posted by adam2014 - 03 Nov 2023 11:34

[benblum wrote on 02 Nov 2023 14:14:](#)

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This is how feel about filters and accountability partners. I know that it works to a point, but my life and work is surrounded by computers and smartphones. When the YH comes to visit, there is always a door open for him. Plus, my wife can not know anything about my problem, maybe someday I will tell her, but not yet, not until I have a little more control over the situation.. I wish you nothing but the best in your struggle, I can feel the pain in your words.

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Re: Tried a lot of things but failing over and over
Posted by benblum - 03 Nov 2023 16:31

Sober today. Rush before Shabbos. Lots of thing today. Feeling good, a little overwhelmed. I know that the challenge will be motzei Shabbat, Sunday all day and Monday morning...I have to be ready. YR will come.

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