

I need help

Posted by darkfrontier777 - 04 Apr 2024 20:16

Hello I joined GYE in the end of February. Since then my M problem didn't change much. I almost finished the f2f course and have only one course left which is less relevant to me (the life satisfaction one while I have set goals and motivations). Anyways I keep using the SOS tools and other tools but it just doesn't help. I view unfiltered content(not P most of the time) and it triggers me to act out. I fall something like 3 times a week and it's just depressing because I thought at this point the situation would be much better. I think in my case it's more of a habit than a physical urge or addiction and it's just frustrating. Anyone with advice how to get clean? P.s I managed to stay clean for 2-3 months before few years but I keep falling constantly and right now my best streak is only a week or so. What should I do?

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Re: I need help

Posted by chaimoigen - 05 Apr 2024 18:34

[darkfrontier777 wrote on 05 Apr 2024 03:49:](#)

Hey

thank you all for answering

Can you recommend me a filter which won't be that visible because I don't want my spouse to know I'm dealing with this.

Also I mostly fall because of Instagram, even tho I don't have an account.

I want to say I did improve and got rid of some cues or triggering places but still it's really hard when a habit kicks in-for example after I get tired and foggy after a big meal.

?I would love to hear what you can recommend me. Thanks a lot!

Hey! Shalom!

It's possible to explain to your wife that a filter helps with the inevitable Shemiras Enayim challenges that always pop up online, even without telling her that you are struggling with viewing porn.

A lot of guys have told their wives about the Vayimaen movement, how 60,000 Jews are tuning in for ongoing Chizzuk in the area of Shemira Haenayim. This s conversation sets the stage for her to understand that there are challenges that very man deals with, and that you're a person who is working on being a more elevated person. Everyone intelligent can understand that unfiltered internet can often lead a person to spending time in places that they can regret later, even from a simple time-wasting perspective. A filter can often be justified to a wife in a way that can be very helpful, if done carefully.

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Re: I need help
Posted by chosemyshem - 11 Jul 2024 16:07

Hey R' Darkfrontier! How's it going?

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