

Leading 2 Lives

Posted by interveltnik - 16 May 2012 07:46

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After spending my teenage years on the roller coaster, alternating good and bad days, I got married and thought "now I'm done" pas b'saloi...I was in for a surprise. I would call every number available for bad things, dreaming for days on end about going to a public internet center (being a learning guy studying 11-12 hours a day...would've been pretty humiliating to get caught) in the we needed internet for our phone line and i finally got my craving. My wife would go to work and i'll come home hav

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Re: Leading 2 Lives

Posted by interveltnik - 16 May 2012 08:25

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Sorry. posting gfrom an old phone is not easy. Getting disconnected repeatedly, maximum of 512 charactersinput at a time. I'll have to get back some other time. but I'll b reading ur replies.

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Re: Leading 2 Lives

Posted by jewish jew - 16 May 2012 11:54

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I had the same problem and now I am trying to get myself out of it

Just keep on trucking and think about where can you improve and make sure to read the GYE handbook. By the way do you have a filter?

JJ

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Re: Leading 2 Lives

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Posted by interveltnik - 16 May 2012 11:58

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Feels so good not to b alone in the struggle! thanx! there a filter for an old phone? i dont have internet on a computer, where can i get the books?

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Re: Leading 2 Lives

Posted by interveltnik - 16 May 2012 12:30

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About the name thats exactly what i feel of myself after staying up 4 hours at night browsing touching and mastur

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Re: Leading 2 Lives

Posted by tehylimzugger - 16 May 2012 15:27

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Welcome hecherveltnik!

Did you read the handbooks?

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Re: Leading 2 Lives

Posted by happyjew - 16 May 2012 16:19

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inter...im in kollel now and ive always waited till my wife left house for any reason so i can go home and have a different type of "first" or "second" seder...now i put filter on and now theres no reason to miss seder...i mean wat else am i gana do besides learn

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Re: Leading 2 Lives

Posted by interveltnik - 16 May 2012 23:24

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I see i'm not the only one. But a filter didn't help for me, either i managed to bypass it (prompting me to put new passwords, filters etc. which had my wife raising eyebrows each time...) or i would call bad #s on telephone listen to fm... Actually i put a password on the computer and that stopped me from the net, but now i have a phone with free internet and no possible way to install a filter. (its not a smartphone.)

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Re: Leading 2 Lives

Posted by alexeliezer - 17 May 2012 02:39

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What about getting a *really* old phone that can't access the internet at all?

I have one. What a mechayeh! Doesn't even have a camera. Can't even receive pictures. (It's a Motorola flip style phone) You can probably get one used for "one cent plus shipping."

You're far from alone in the double life struggle.

Hit bottom while still on top.

This addiction doesn't go away by itself. And it will take more than a filter. Daven for sobriety.

Hatzlocha!

Alex

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Re: Leading 2 Lives

Posted by SoldierOfHashem - 17 May 2012 04:02

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Welcome interveltnik, from another newbie here

Your struggles sound about the same as mine, and what I am getting stuck with now is setting goals with a serious plan, from the little bit of the handbook that I have so far read is laying things out well now I should get bsck to it so I can set a plan which I am procrastinating doing.

Good luck to us

Soh

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Re: Leading 2 Lives

Posted by Eye.nonymous - 17 May 2012 05:47

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Welcome to the forum,

Keep on posting!

Hatzlacha to you,

--Elyah

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Re: Leading 2 Lives

Posted by interveltnik - 18 May 2012 12:24

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I was thinking about getting done with this phone altogether, but when the cravings come I'll try for anything it'll b on the telephone, radio, in the street etc. I need a source of chizuk in the fight And this site's been the best (and only) that helped me. I wouldn't want to give that up.

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Re: Leading 2 Lives

Posted by Eye.nonymous - 20 May 2012 13:40

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The problem isn't the phone, or the radio or any other triggers (though we've still got to do our best to avoid them).

The real problem is what's in our heads. We've got to start dealing with that.

Good luck,

Elyah

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Re: Leading 2 Lives

Posted by interveltnik - 20 May 2012 14:55

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I would love getting through the handbooks. where can i get them in NY? I cant download them on my phone. I'm going to the asifa tonight, maybe we should give it out there? : o

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