

Hello from a newcomer

Posted by Desperate Yid - 13 Dec 2012 19:42

Hello chevra,

I have been watching the chizuk emails for a sort while and have decided to jump in myself. i would describe myself as having come some distance since my first unfortunate encounter with a computer (bought it for my job; downhill from there). There are many areas in which I have succeeded in limiting opportunities to act out on my addiction.

However, it always seems to find a way to creep back in. As Dov wrote the other day, I am constantly on the Aliyah/Yeridah roller coaster.

For one example, i was on a high though (most of) Yamim Noraim. Came Succos, and someone brought us a computer without filters installed. Of course, i had to check it out. After a terrible night, I put on WebChaver. Then we got a gift of two tablets (no pun intended). Try to put Webchaver on one of those! Another day gone. Comes Simchas Torah (hakafof were a tremendous high), and my sister-in-law made an off-color (flirtatious?) comment in the afternoon. Back down under.

I have come to realize that rather than relying on limiting the situations, I need to also change my own inner quest for the stimuli to feed my addiction. I have finally begun davening to Hashem for His help; I hope that you can help me break free as well.

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Re: Hello from a newcomer

Posted by Positivity - 25 Dec 2012 20:24

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Re: Hello from a newcomer

Posted by Dov - 25 Dec 2012 23:58

Wow. You are obsessing and have a pattern of some kind, yes - but do you really feel you are an addict? If you do, it's up to you - and meetings are available in your neighborhood and out of it. I can probably connect you with a good person in your area to talk w/about meetings there.

But what I wrote above stands: Please speak with someone you trust to keep a secret who knows some facts on the ground and can advise you about whether and how to speak with your wife abt the issue, given that it could hurt her relationship with her sister and the family.

In the meantime, maybe your biggest immediate problem may be the obsessing *itself*. The lust habit may indeed be there as you describe and will need to be faced, but you may not need **SA** to help you with that. But more immediately, even if you *do* decide to go to SA meetings just to see if it is for you - why do you need to talk to your wife about the SIL before checking out meetings in person? Either way you can go if you feel you need more serenity about the issue and more freedom from the temptation to use the internet itself. I see no need to invoke your SIL problem with the wife in order to get a 'heter' from her to go.

Finally, is there any way for you to take a real, geographic 'vacation' from this SIL and from thinking about her for a week or so (or more)? It will not solve any problems, but might help your head get a bit cleared from the obsession and worry about her. Then the lust issue may be easier to face.

Hatzlocha!

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Re: Hello from a newcomer

Posted by Positivity - 27 Dec 2012 19:14

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