First time caller
Posted by godgedud - 02 Sep 2013 16:19

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Hi all

I was watching the forum for the last couple of days as I am porn addict for the last 20 years. Reason I am writing today is, last 12 months my addiction was more or less controlled after I installed K9 on my PC. I really believed that for me (not a IT man) it will be hard to by pass the filter, and have tried all this time to bypass it but I have not been able to see any P video but today I have discovered that you can disable it very easily. Last couple of hours I spent on porn sites r"l.

any suggestion what I can do ? (webchaver is not for me)

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Re: First time caller
Posted by gibbor120 - 03 Sep 2013 20:45

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WELCOME godgedud! Don't be a stranger. Keep posting. Many have broken free, you can too.

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Re: First time caller
Posted by RoshYeshivasSon - 03 Sep 2013 21:23

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????? ??????

again, i posted 4 rules if he wants to quit, and i will say it another time.

if you figured out why to stop, then here you go

1) you cant be admin on your computer, admin should be your wife or chaver only they are allowed to have admin rights on your computer.

2) password on K9 should be different then the admin pass on your PC, and Email should be your wife's or friend.

3) admin needs to login to his or her account at least once a month to check if OK.

4) K9 must block at least Commonly Blocked Categories. which includes proxy avoidance and so on.

I also work with computers, and this will work for %99.9 of people. I do not know how to get around these safeguards.**But they didn't help me one bit**. Why? I must have bought 7-8 computers and thrown them out within days after acting out, and I'm not rich. This is how bad my addiction is. I accessed P in public places, taking crazy risks, and repeated them even after I was caught by a friend.

Yet after joining this forum 2 weeks ago, I am 2 weeks clean. Even if I don't have another clean day in my life, GYE has given me a priceless gift.

GGD: you can do it to.

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Re: First time caller
Posted by inastruggle - 04 Sep 2013 07:46

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I forgot that the admin is supposed to check once a month.that's why for me k9 doesn't stop me if I want to fall, the admin doesn't check.

Like everyone is saying though, the filter isn't the answer.If you want to stop then the answer is on the site, if you want to make yourself feel like you're doing something so as to assuage your guilt before rosh hashana, then the answer is what ????? ?????? wrote.

I'm sorry if I'm being harsh, I wish you a k'siva v'chasimah tova and a gut gebensht yuhr with my full heart.

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Re: First time caller
Posted by godgedud - 04 Sep 2013 12:26

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Thank you all much for the support you giving me. I have decided to follow your advice, I made a firm commitment to learn every day a from the handbook and come to this forum to take chizuk from the amazing people here.

I realized new that a filter is no the answer and I am really going to crack it once and for all.

I also made a commitment, that before i switch on the PC in the office I have a detailed plan which web sites I am going to use and for how long.

Yesterday was a clean day so today is day 2 - one day at a time.

I wish you a k'siva v'chasimah tova and a gut gebensht yuhr

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Re: First time caller
Posted by inastruggle - 04 Sep 2013 23:04

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Wow!

Thank you for taking on this challenge, may it be a zchus for you and all of lal yisroel.

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Re: First time caller
Posted by godgedud - 10 Sep 2013 23:43

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Ok its day 5 today, five days since I discovered how to get around K9 in less than 30 sec.

And guess what I am still clean & I am proud of myself to seat by the computer all day in my own office and be clean, thanks to this forum & the handbook.-thanks a mill.

Hashem help me to be clean tomorrow!!!

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Re: First time caller
Posted by skeptical - 11 Sep 2013 02:56

Don't be a stranger. Come by often, read, post and keep us updated!

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Re: First time caller
Posted by godgedud - 12 Sep 2013 14:29

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day 7 - very tempted to watch some p**. this time of year was always a struggle for me

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Re: First time caller
Posted by Dr.Watson - 12 Sep 2013 14:46

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it's those moments when we are most tempted to give in that we can grow the most.

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Re: First time caller
Posted by chulentking - 12 Sep 2013 17:10

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godgedud wrote**:**

day 7 - very tempted to watch some p**. this time of year was always a struggle for me

As time goes by that you've remained clean, it will get easier to resist the urges. The urges will get less intense. We are in the midst of a niddah period now. This time, I've had no urges so far. Last niddah period, I was having a very tough time with the urges. I resisted them but it was tough. I came close to caving in, though.

If you truly want to get clean, stick with it. It will pay off. I promise.

Also, for the record, I do not use a filter. I am one of those stubborn people that feels I need to do this because I NEED TO DO THIS, not because I put a technical barrier in place. Besides, I do IT for a living so I believe I can get around any filter, whether it is by breaking the filter or just using an alternative means to get to porn. I am now about two months clean, because I decided, for the first time, that I am now truly ready and really need to kick this. Previous attempts were halfhearted at best because I always kept open the possibility of going back when things don't go my way.

My attitude has changed, thanks to this site and the people here. So I am not telling you not to use a filter. But I am telling you that you need to really do a cheshbon hanefesh and need to really truly want to change. Use any tools that will help you, but the main ingredient has to be a true desire to stop. Without that, you'll only go so far. Just my $.02. Do with it as you wish, or totally ignore me if think otherwise. I am just sharing what seems to be working for me.

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Re: First time caller
Posted by gibbor120 - 12 Sep 2013 17:22

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While a filter is obviously not foolproof, it is a wise idea even for techies who can get around it. It still makes it more difficult and puts at least a "heker" between us and porn.

I am considering removing the railing by my staircase. It should be my responsibility not to walk

too close to the edge of the stairs, and I can always jump over the railing anyways if I really

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my $.02.

want to. Just sayin

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Re: First time caller
Posted by AlexEliezer - 12 Sep 2013 21:47

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godgedud wrote**:**

day 7 - very tempted to watch some p**. this time of year was always a struggle for me

Repeat after me,

"Hashem, I surrender my lust to You. Please take my lust so I can live."

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Re: First time caller
Posted by godgedud - 16 Sep 2013 14:19

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Raboysai I confess I fell into the trap just now. I was relaxed thinking after 10 clean days that I'm cured from my illness, silly me. It really hurts

thanks

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Re: First time caller
Posted by inastruggle - 16 Sep 2013 14:41

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You learned from your mistake.Beautiful.

KOMT!

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Re: First time caller
Posted by rosenfeld - 16 Sep 2013 15:44

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I was there many many many times, you can never think that you won. Even today (I am 2 years "sober" from pornography and masturbation today) I know that if I gave in even once I would be done for and fall right back into my addictive behaviors.

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