

Back Again, and Again and again...

Posted by plonialmoni11 - 27 Nov 2013 01:52

I used to be here, I took a long break here's my little story of why I'm back.. Chizuk I could use..

"Surprise!" She exclaimed. "Its exactly what you need, aren't you happy?". I smiled at her, but inside I was turning. It was smooth and sleek - brand new. It glared up at me as if it was daring me to open it. With my sweet innocent's wife's eyes upon me I opened it and started it up. "It so fast and built in internet, You will always be connected" "now you can do your work without anyone bothering you" She said excitedly.

MY heart beat quicker I knew what this meant – oh boy did I know. There was no way I was going to refuse such a lovely gift, but I knew what this meant, oh boy did I know.

I promised myself I would install filters and blocks, "I would never stumble" I said to myself. I was lying and I knew it too. I knew it would be soon and it filled my heart with dread. I couldn't get it out of my head. I went along my merry life not failing – Not yet.

But I knew, I knew it would be soon and I dreaded it and wanted it at the same time. I wanted to fail – but I cried to gd "please don't let me". I thought I moved past this, but I knew I hadn't. IT would be any day now I felt it inside.

I started to stumble – nothing big, but news outlets are full of skimpy outfits.. Facebook and youtube they became standard. I started to open my eyes in the streets – everything was a trigger. I was still holding on, but barely. It would be only time I Knew, oh boy did I know. I was Motzi Zera – I felt like crap. I swore I wouldn't ever again – but I knew I was lying – oh boy did I know. In fact I did it again and again.

You see ever since I laid my eyes on that device – I wanted to fail – I wanted to fall – And I wanted to badly.

Then came the night my wife had to go out , I knew this is the one. My night of descent into hell, I woke up that morning knowing I would fail, I went to shul and I wanted to daven that I shouldn't fail – but I wanted to so badly that I couldn't even daven to save myself. I needed to fall – I had to.

I fell – I fell hard – I watched things that no one should watch. I was MZL twice, the second just to get the most from my fall – I surely didn't need it.

That was it. It was over I failed – I felt like crap, I went as low as I was ready to.

I quickly got up installed the filter and the accounting software. I don't have the password.

I feel better, the weight is off my chest. I feel like I can breath again. I look away twice today while in the street. I look my wife in the eyes today and mean it. I daven – I cry – “I'm still your child, gd”. I regret and I swear and I'll be okay – for now.

Because for me this disease, it never leaves – it goes dormant – at times for years, usually months, but it lives inside of me and controls me.

Yesterday I lost – today I won, but I feel sad and weak - knowing this battle rages on.

Chanukah is here and it reminds me of hope in a dark time – A light in the darkness – A shining candle of hope and I smile inside – I can be a macabbi and Gd does love me.

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Re: Back Again, and Again and again...

Posted by cordnoy - 04 Dec 2013 00:58

you haven't slipped for a year, and yet, you think you are beyond help?

Can you explain that to us mortals please?

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Re: Back Again, and Again and again...

Posted by appreciate - 06 Dec 2013 10:24

I might still be in denial, but it doesnt make sense that there is no way to cure this disease. All addictions are a form of escape. Therefore our cure is to connect, and remain connected. Why must that connection always be in jeopardy?

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Re: Back Again, and Again and again...

Posted by appreciate - 06 Dec 2013 10:29

he thinks he is beyond help because he cannot kill the temptation

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Re: Back Again, and Again and again...

Posted by plonialmoni11 - 06 Dec 2013 13:19

[cordnoy wrote:](#)

you haven't slipped for a year, and yet, you think you are beyond help?

Can you explain that to us mortals please?

I have gone a year in the past and not fallen. Right now I broke that streak. I fell hard and have been struggling for a few weeks to get back up. I went a year, when I didn't own a computer myself, I only had access to one I shared with my wife. Once I got my own computer it was only a matter of weeks till I fell...

I can go a year if you lock me in a prison. Big Woop! Give me an iphone and turn around and i'll fall so fast its unbelievable.

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Re: Back Again, and Again and again...

Posted by cordnoy - 06 Dec 2013 13:57

you went a year and you weren't locked in prison, and me friend, I don't want a year from you; God doesn't want a year from you; He wants you right now...just this moment! He is talking to you; so you talk to Him. Tell Him that you just wanna get thru this moment.

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Re: Back Again, and Again and again...
Posted by skeptical - 08 Dec 2013 07:42

Why can't you tell your wife (without going into details) that unfiltered internet on your very own device is a big challenge for you?

It's a very oft-talked about topic and well known issue these days.

Hatzlacha!

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Re: Back Again, and Again and again...
Posted by plonialmoni11 - 08 Dec 2013 12:14

[skeptical wrote:](#)

Why can't you tell your wife (without going into details) that unfiltered internet on your very own device is a big challenge for you?

I did that's the problem, I have filtered internet and accountability. However I got my wife to tell me the password (by accident) and she never checks her webchaver email, and when I use P, I just sign into her account on Friday when the report comes and delete it. So I can really tell her "OH btw I've been going behind your back and using po** can you please buckle down, so I'll be scared to use it"

After my last fall I even had her change the password but for some reason it didn't work..

Though today I'm going to put a better block on my computer, I have webchaver but it's not great I'll look around for another one today.

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Re: Back Again, and Again and again...
Posted by chesky - 08 Dec 2013 21:39

[plonialmoni11 wrote:](#)

[skeptical wrote:](#)

Why can't you tell your wife (without going into details) that unfiltered internet on your very own device is a big challenge for you?

I did thats the problem, I have filtered internet and accountability. However I got my wife to tell me the password (by accident) and she never checks her webchaver email, and when I use P, I just sign into her account on friday when the report comes and delete it. So I can really tell her "OH btw I've have been going behind your back and using po** can you please buckle down, so I'll be scared to use it"

Isn't the addictive head a-m-a-z-i-n-g?

I can tell you that my untechnical unsophisticated head was able to work its way around most filters and phone blocks.

[plonialmoni11 wrote:](#)

Though today I'm going to put a better block on my computer, I have webchaver but its not great I'll look around for another one today.

Why? So, that you should be able to beat that one too!

Sorry, for being so cynical. I just happen to have been there too, and guess what ... unless **YOU** change - IT AIN'T GONNA WORK.

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Re: Back Again, and Again and again...
Posted by plonialmoni11 - 11 Dec 2013 00:45

[chesky wrote:](#)

Why? So, that you should be able to beat that one too!

Sorry, for being so cynical. I just happen to have been there too, and guess what ... unless **YOU** change - IT AIN'T GONNA WORK.

I know I need to change, but the sad thing is I can't even imagine that I will be able to change to a point where I can have unfiltered access to p and not fall. When students used to tell me they have a smart phone (I used to be a rebbie) and it wasn't filtered I assumed that each one was addicted to porn. I couldn't imagine that someone could have a phone and not use it for lust. In fact when one student pointed out that the mashgiach and a couple rebbiem have smart phones and they don't have blocks, I immediately started suspecting that they have a porn problem as well. I cannot imagine a yid with access not falling.

I'll stick around here a little maybe i'll change too?

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Re: Back Again, and Again and again...

Posted by chesky - 11 Dec 2013 02:10

[plonialmoni11 wrote:](#)

I know I need to change, but the sad thing is I can't even imagine that I will be able to change to a point where I can have unfiltered access to p and not fall.

I don't get it. Whats the difference whether you have filtered or unfiltered internet? Either way you don't want to be watching porn.

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Re: Back Again, and Again and again...

Posted by Pidaini - 11 Dec 2013 02:30

I can totally relate, not only relate, but I still don't believe that I will be able to live forever without lusting.

Good news is that that isn't relevant in the least, I need to stay clean today, what happens tomorrow is of no concern to me right now!!

Can you imagine going one day with unfiltered internet and not look? if not a day, an hour?

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Re: Back Again, and Again and again...

Posted by Dr.Watson - 11 Dec 2013 18:31

I've had blockers on my own computer since I started trying to work on this. without that, I wouldn't have got anywhere.

More recently I started using my wife's ipad a lot and it doesn't have a filter on it. for the most part i didn't look at anything. I was working the steps, and working on controlling my urges and not even need to look. I thought that was good.

But, I started slipping. Just a little at first, then more. First at pictures, then movies. I was still mostly using it well, but when I was tempted, I did look. So I decided to put a blocker on that too. I didn't even feel like i was losing out this time, like i did every other time i put a blocker on something, but i feel better for it. I don't need to even be tempted. what am i trying to prove?

I approached it as telling my wife that the gedolim say to not have unfiltered internet. They're not talking just to addicts, but everyone. Better to put a filter on before it's a problem. So she agreed and she put one on, and still doesn't know it's a struggle for me, she just thinks I'm listening to gedolim. good.

You can mention to your wife in a similar way that you know the password, so it's become useless as a a filter and can she change the password because you want to do the right thing and listen to the warnings of the gedolim before it's a problem.

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Re: Back Again, and Again and again...
Posted by plonialmoni11 - 13 Dec 2013 05:10

[chesky wrote:](#)

I don't get it. Whats the difference whether you have filtered or unfiltered internet? Either way you don't want to be watching porn.

yeah but just because I don't want to, doesn't mean I wont...

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Re: Back Again, and Again and again...

Posted by plonialmoni11 - 13 Dec 2013 05:15

[Pidaini wrote:](#)

Can you imagine going one day with unfiltered internet and not look? if not a day, an hour?

Just reading your question leaves me with a surge of "if only I had unfiltered internet for a day!", I'm pretty sick. but I understand your point, if I can just live in the moment and hold myself back right now, i'd be okay...

I got some work to do

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