

The Deadly Place Known As THE INTERNET

Posted by gye613a - 15 Dec 2014 00:58

HELP PLEASE!

I work online which is a huge issue for me. My biggest challenge is the internet. It isn't even so much masterbation anymore, but more looking. I'm usually able to stop myself before spilling any seed, but the problem is it is extremely difficult for me to stop my self from looking.

Sometimes I will be working and all it takes is a little stress from work to cause my mind to wonder. I've build some control, but sometimes it just becomes too difficult. And the once I see that first picture it's almost impossible for me to stop myself from continuing to search after that.

Also, I should mention, that I find the Taphsik method to be a bit problematic, being that I am the one who has to be on top of myself to go through with all of the consequences. For example I have to be the one to make myself give a sum of money if I fall...

Any suggestions are very much appreciated.

Thank you all!

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Re: The Deadly Place Known As THE INTERNET

Posted by Watson - 15 Dec 2014 01:17

Welcome!

We're all in this together, Keep on posting!

Make sure to see the 12 suggestions on the [First Time Here page](#).

Also, check out your [Personal Home-page](#). It will guide you through each tool/task that we suggest, one by one, and help you track your progress in recovery.

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Re: The Deadly Place Known As THE INTERNET
Posted by shomer bro - 15 Dec 2014 01:21

First things first, welcome! Second, you absolutely must install a filter and accountability software. I've found that the filter is a good geder, and the accountability software an excellent geder, but you may need both, but definitely at least one of the two! Shemiras einayim is hard enough on the street, let alone while on the internet. Stay strong and keep on posting.

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Re: The Deadly Place Known As THE INTERNET
Posted by AlexEliezer - 15 Dec 2014 06:41

When you're stressed, come here instead.

I sit in front of a computer all day. I can't install a filter because it's a corporate computer and I don't have administrator privileges. And even if I could install a filter, there's plenty of other computers accessible to me.

So I've had to install a filter between my ears.

I have come to realize that I cannot control lust.

I want it too badly. I'm addicted to it. I can't get enough of it.

The only way I know not to fall victim to it is not to give in to that first urge.

That's my bechira point. That's the only place where I have some control -- not to take that first look. If I do, I'm dead. After more than 30 years of being a slave to lust, I know that I want to remain free.

So I'm not taking that first look.

Not on the computer and not in real life.

By the way, do you check out women in real life?

Do you have intrusive fantasies and images?

These are usually features of a lust addiction.

Did I say welcome?!

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Re: The Deadly Place Known As THE INTERNET

Posted by ted - 15 Dec 2014 06:46

Just like an alcoholic whi after the first drink CAN NOT stop himself. Looking at porn is the same thing once we look once, an allergy meaning a physical disease kicks in and we cant stop ourselves.

We are lying to ourselves when we say im just gonna look for a bit or a few mins etc.. the only way we can stop is if we never take that first sip.

good luck.

one day at a time.

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Re: The Deadly Place Known As THE INTERNET

Posted by cordnoy - 15 Dec 2014 09:08

Welcome,

As AE said, the internet is not the problem....it is our eyes and mind.

Stick around; there's a lot to learn here.

b'hatzlachah

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Re: The Deadly Place Known As THE INTERNET

Posted by gye613a - 15 Dec 2014 18:32

You're right brother, thank you! I'm going to work on the filter, but I am downloading the accountability software as we speak.

Thank you so much!

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Re: The Deadly Place Known As THE INTERNET

Posted by cordnoy - 15 Dec 2014 18:53

Perfect!

b'hatzlachah

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Re: The Deadly Place Known As THE INTERNET

Posted by gye613a - 15 Dec 2014 19:03

You're all awesome thank you so much!

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Re: The Deadly Place Known As THE INTERNET
Posted by gye613a - 15 Dec 2014 19:04

Any recommendations for best accountability software?

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Re: The Deadly Place Known As THE INTERNET
Posted by cordnoy - 15 Dec 2014 19:39

Weren't you just downloadin' one?

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Re: The Deadly Place Known As THE INTERNET
Posted by gye613a - 15 Dec 2014 19:51

Actually downloaded a few, just wanted to see if you guys had any recommendations or preferences

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Re: The Deadly Place Known As THE INTERNET
Posted by cordnoy - 15 Dec 2014 20:10

W.W.!

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Re: The Deadly Place Known As THE INTERNET

Posted by gibbor120 - 15 Dec 2014 20:19

, oh and the
. Accountability software can also be a great
geder/deterrent. Web Chaver, or Spector Pro. K9 is a pretty good filter.

Hatzlacha! Keep us posted.

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WELCOME! The only filter that works, is one that you don't have the password to

one you don't test "to just see if it's working"

Re: The Deadly Place Known As THE INTERNET

Posted by shomer bro - 15 Dec 2014 22:31

Covenant eyes is a great accountability software

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