

The Deadly Place Known As THE INTERNET

Posted by gye613a - 15 Dec 2014 00:58

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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 doingtshuva - 16 Dec 2014 01:48

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Hi gye613a

I copied this for you from venishmartem.com/ part of GYE especially for filtering

If you want to speak with someone in person to get filter guidance, please call the TAG (Technology Awareness Group) offices.

Brooklyn: dial 718-437-1TAG.

Monsey: dial 845-371-1TAG.

Lakewood: dial 732-730-1TAG.

Stamford Hill: 0207 112 4848

Golders Green: 0203 475 5454

Manchester: 0161 443 330119781

Great Hatzluche

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Re: The Deadly Place Known As THE INTERNET  
Posted by cordnoy - 16 Dec 2014 02:18

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1. filters
2. work
3. support from gye
4. effort

b'hatzlachah

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~~But don't rely only on filters, we also need the support we get here on gye~~

Re: The Deadly Place Known As THE INTERNET

Posted by serenity - 16 Dec 2014 08:18

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Welcome! I've been struggling with looking at women the past few days. Today was better and I was able to exercise more control. Looking at women just causes stress for me. I'm not going to do anything with the look, so whats the point? It just makes my battle with lust harder and causes me stress. I had a thought in my mind today about how maybe I could let a little lust into my head. Maybe poke into some web material. I immediately reminded myself that there is no little look for me or ability to control my lust. I also reminded myself that there is no point in it. B"H I didn't look or do anything worse. I'm happy to have made it another 24 hours.

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Re: The Deadly Place Known As THE INTERNET

Posted by doingtshuva - 16 Dec 2014 14:13

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[serenity wrote:](#)

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You're doing good and keep it up!

But you see this can be said only after you have been working on your not-lusting.

When we are for some time sober, we discover a new world that we thought doesn't exist.

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