

Trying again

Posted by GoodSoul - 14 Jan 2015 15:38

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I became addicted to masturbation at an early age, and my addiction really took off when I discovered chat rooms in my teens. This led to phone sex, pornography addiction, and finally to meeting people offline. Chat rooms have always been my main portal. I tried SA for many years, did the 12 steps, had sponsors, etc. but unfortunately only had very limited success and was never able to sustain sobriety for more than a few months. Tried therapy as well, which was mostly a waste of money. (I am not discouraging these tools for others, just saying that unfortunately I did not experience much recovery through them.) I gave up on SA working for me, but my addiction has continued to destroy me and I just don't know what else to do anymore. I am trying some of the tools of GYE, because I DO want to be sober and recover, and I am willing to try even though I feel lost and disconnected, and find it difficult to be optimistic about anything anymore.

Right now the main threat to my lust is a young woman I have chatted with the last few days who is very alluring to me and wants to meet me. I am sorely tempted for this even though I know it is wrong and will only lead to more pain, shame, and guilt -- because that's what always happens when I fall to lust. My goal for today is not to contact her again and not to pursue it if she contacts me. If I can safely disconnect from this lust opportunity it will help me greatly to march in the right direction.

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Re: Trying again

Posted by cordnoy - 26 Jan 2015 17:10

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And GS, what are you doin' about that?

We are here for you.

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Re: Trying again

Posted by GoodSoul - 26 Jan 2015 17:57

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What I did today is download covenant eyes and it completely messed up my computer and Internet, and now I'm having a very hard time getting rid of it. Just wonderful.

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Re: Trying again

Posted by cordnoy - 26 Jan 2015 18:03

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Here's the deal: These filters can be tricky, and it might take some time to figure out which is right for you. It would be nice if it would be an easy fix, but sadly - that is not the case. Do you have the commitment necessary to jump over the hurdles?

b'hatzlachah

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Re: Trying again

Posted by newaction - 26 Jan 2015 18:28

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Hey GoodSoul keep the good work , looks you made a turn for the good . Hatazlacha !

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Re: Trying again

Posted by GoodSoul - 26 Jan 2015 18:37

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I had to deal with their customer service to get it uninstalled. It does not work with K9.

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Re: Trying again

Posted by cordnoy - 26 Jan 2015 18:51

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ok; then try somethin' that does.

you were lookin' for a monitorin' system?

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Re: Trying again  
Posted by GoodSoul - 26 Jan 2015 18:54

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I was, but not anymore. Too much software messing around in my system files.

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Re: Trying again  
Posted by moshe220 - 26 Jan 2015 19:30

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Hey Gs,

That sucks, really it does. But try to stay positive in all of this. You are trying, and it means a lot that you are trying. I feel the weight of all of this on you but don't forget the good that you are doing and even if you aren't seeing the changes it's going to happen. At some point it's going to happen. Stay in faith.

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Re: Trying again  
Posted by Gevura Shebyesod - 26 Jan 2015 19:57

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CE does content filtering too so maybe you can get rid of K9 and just use CE for both.

Hang in there and keep working at it. Hatzlacha and KOMT!!

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Re: Trying again  
Posted by gibbor120 - 26 Jan 2015 22:02

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CE and K9 should work together. You may have to install one before the other. I think I may have had issues at first, but I definitely had both at the same time. Now I use k9 and spector pro.

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Re: Trying again

Posted by Shakeitoff - 27 Jan 2015 04:05

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May I make a suggestion? One day, a single day (maybe a single morning) is significant...to me, anyway. I've been told that the Yetzer Ha-Ra loves to tell me that I can't "make it", loves to "prove" to me that it's "hopeless" because "look, you only made it for one day and then you failed again". I don't mean to be crude, but that's BS. One day matters. The next minute matters.

Please give my hate-filled regards to the Yetzer Ha-Ra next time it talks to you.

Chazak, chazak, venit'chazeik!

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Re: Trying again

Posted by skeptical - 28 Jan 2015 23:54

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## **serenity**

I always wonder why people seek answers in the topic forum where people like me are liable to chime in with their ego filled stuff that may help or may hurt, when there is a better way. They can go to the Q&A section, the other sections here, SKEPS tips, chizuk, Daily Dose of Dov, maybe use all the tools here etc. The real question I should be asking myself, is why I just don't refer people there for the answers.

Who says the rest of us don't have egos?

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Re: Trying again

Posted by serenity - 29 Jan 2015 10:15

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If I was still watching internet porn, I'd throw my computer into a lake and wouldn't have to worry too much about the filters being a pain in the neck. Not that that's the solution, but I don't want to go back to that duplicitous life of self loathing. So if I had to trash my laptop and go to 3 meetings a day and work my program until I could trust myself again that's what I do. Even now when I'm doing well, I've gone to 9 meetings between SA and AA since Sunday morning. Sound like a lot of time, 9 hours? I used to spend 9 hours in one day in my addiction. Now I can go to shul in the morning and put on tefillin without being disgusted with myself. I can look my wife, my kids and myself in the face without feeling like a degenerate pervert. But, that's just me and it did take me 33 years and coming close to self destruction to get to this point. I guess people can either learn from those of us who suffered long and hard or they can choose to suffer long and hard themselves. Admittedly, I'd probably choose the long hard road.

Hatzlacha!

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Re: Trying again

Posted by serenity - 11 Feb 2015 05:16

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GoodSoul! We are thinking about you here. Let us know how you're doing.

Hatzlacha, Chaver!

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