

inspiration

Posted by guardyoureyesds - 23 Apr 2015 06:12

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Hi everyone,

So Im sure this has been posted before, but assuming you need a computer and have a filter, what do you as an individual use for inspiration to keep from acting out? I know filters don't catch everything, and it's easy to latch onto the loophole to look at porn. What are some suggestions to curb tivah? I'm not asking about perfection. I just want to know what keeps everyone fighting the yetzer harah and not to seek out loopholes. I know there isn't a magic answer, but i feel like i don't put in enough effort in preventing falls.

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Re: inspiration

Posted by belmont4175 - 23 Apr 2015 21:34

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I had a friend (chasidish) I worked with in a office, he was always wearing either a hat or a rekel/jacket, I once asked him why he does so (it was hot), he replied that he does it in order to remember to be safely using the computer and not go astray, its a Geder, (this wouldn't work for the addict).

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Re: inspiration

Posted by yiraishamaim - 24 Apr 2015 05:37

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Interesting bel - your colleague's style is not mine but I can understand and appreciate the fact that it work's for him. It's classic old world. He should be blessed.

guardyoureyesds - just continue to do the fundamentals that you learn on the forum, 12 steps etc. once you more and more internalize these truths you will be able handle much more than you imagine.

I once was talking to a guy who for years had a nasty drinking habit. He said to me he now has accumulated many years of sobriety. So I asked him - did he ever take a drink of a beverage and then suddenly realize that there was alcohol in the drink. He smiled and said yes, it did happen to him. "So what did you do?" I asked. He smiled again and said "No problem". President George W. Bush had a drinking habit prior to his taking office. Yet in the beginning of his presidency 9/11 occured and he DID NOT RESORT TO ALCOHOL.

Twice in the last while a pornographic image suddenly appeared on my computer when searching innocently at work - it was all in error and within 1 second I quickly off the page - B"H it did not trigger me. Such a reaction by me was only a distant dream a few months ago.

Keep to the fundamentals - work 12 steps and stay away as best you possibly can to known triggers. If something comes your way you will B"H be able to deal with it.

KOT - You have a lot to look forward to.

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Re: inspiration

Posted by serenity - 24 Apr 2015 18:15

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Maybe acceptance will help. I accept that my filter has a loophole. I know that things that I don't want in my life and that I don't want to see may seep through. I don't have to let those those things dictate my actions though.

Also maybe look at what the purpose of the filter is. Is the purpose to stop me from seeking out images that I want, or is it there because I don't want to seek out the images that I want, or is that I don't want to see those images even by accident. We need to understand that we don't want or need those images. Life will go on without them. And, Whatever the purpose, let's not defeat it.

Hatzlacha!

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