

I've fallen too far

Posted by Rightkedusha - 08 Feb 2016 10:03

Hi Everybody, I can't sleep. The reason, I've gone way too far. I haven't seen anybody talking about sexual relationships. I've been addicted to social media and porn for a loooong time. But lately entered into territory so bad I feel I can't stay sane without help. I've met up with women and did what I did. I want to STOP. Where can I get chizuk and get onto the right path, to change my bad ways?

=====

Re: I've fallen too far

Posted by Bigmoish - 09 Feb 2016 18:15

[Shlomo24 wrote on Unknown:](#)

[Rightkedusha wrote on Unknown:](#)

I agree I need a filter. So what are your suggestions for a *good* filter.

I use a filter to weed out unnecessary "first looks". Meaning a filter that blocks me from accessing lustful material without meaning to. Most filters do that.

My filter occasionally blocks me from seeing lustful material when I am meaning to as well, but that approach is a foolish one.

=====

Re: I've fallen too far

Posted by markz - 09 Feb 2016 19:06

As i mentioned - I sure hope you were on cordnoys call as I was (lucky day for me - during work is usually impossible)

moish that was a great share - I heard yours previously - and it's a chizuk for me!

Lets keep on Trucking together!!!!

=====

Re: I've fallen too far

Posted by Workingguy - 09 Feb 2016 19:21

[markz wrote on Unknown:](#)

Filter? The reason WG mentioned on 5th post on this page is the best - reduce contact

?I have to disagree with what WG wrote last

"If you're here and your ready to work and are actually committed to change, THAT will stop you from acting out."

Sorry pal. We all tried that till discovering gye. It didn't work

I'm gonna get slammed again for my comment on filter, but here goes

I have a low level lust struggle, and rely some level of restrictions ("good night calendar" absolutely protects me from my wife's treife phone, and Covenant eyes reportin system is a backup I have on my PC's)

When I was lusting and couldn't access a computer, I'd pickup in the middle of the night to purchase porn magazines etc...

RKedusha, I don't believe filtering is what you should be focused on now.

Find what actually works, then add the filter as backup

The filter alone does NOT work for me, and is not the reason for existence of gye

Which is why when you click 'filter' on the gye dropdown it takes you OUT of gye to a different website (the admin will have my head for saying this)

So - get onto cordnoys call in 20 min and take it from there

KEEP ON TRUCKING

Mark

Markz

I actually mostly don't disagree with you. When I said that being committed to change would stop you from acting out, I didn't mean that you can think your way out of this. All I meant is that if you haven't decided for real to quit then no filter will help.

BUT if you DO decide to quit AND do something about it, then you have a shot. I had no intention to just convey that deciding was enough. As I wrote it I realized that it might be taken that way but I was too lazy to add.

In regard to the filter, I don't disagree with you in concept either. You need a plan, an approach, and then the filter helps that and without it it's worthless.

But I still don't understand why you think he should wait to install it. He's going to get it eventually anyway.

For most of my time on GYE, my computer has had monitoring but no filter and I know how to get around some of the monitoring. And now I have a filter for the kids only; I have the password. And this level of deterrent didn't always stop me when I was interested in bypassing it, but it did often enough.

Now that I made a decision that I really had enough, it doesn't really matter that much one way or another. But I would never feel comfortable having wide open internet, bc hats too easy and too readily available to get into trouble.

=====

Re: I've fallen too far

Posted by doingtshuva - 09 Feb 2016 20:36

I have a filter at home without a monthly report for the internet activity.

At my work, although I asked to put filters, they didn't take seriously, so I have to be extra careful and I use the Taphsik method. Meanwhile b"h I didn't fall at work. It might be that by work I'm scared that if I'll be caught I'll be fired.

This shows that having a monitor or a report on your internet activity is even stronger than a filter.

A filter is still necessary for our week moments.

On one of the latest Gye Chizuk Emails was a study that long use of porn ends up with prostitution.

Right kedusha, I can share with you a tool which helps me basically to overcome my urge to

porn, I have someone NOT my wife, whom I'll share my fall. If your ready try finding someone live whom you can share your falls.

He should be someone you can trust and he should be someone that can understand you.

Hatzluche

=====

Re: I've fallen too far

Posted by doingtshuva - 09 Feb 2016 20:41

[Rightkedusha wrote on Unknown:](#)

Hi all, I definitely feel right in place here. Hearing from so many ppl that there are success stories gives me chizuk. I contacted the women thru various social media. They are not personal friends. I closed my FB account, but I still have other social media, which I will try to avoid. But I wanna be a little smart. Say, in a week from now I'll have the urge again to contact them. I need something that will help me get stronger. I should be able to tell myself NO DONT DO IT! I'll read thru the handbook as suggested. I tried downloading it yesterday but I couldn't open the file. I'd like to hear from the clean guys, what helped for you. Thank you all!

guardyoureyes.com/the-gye-program try here to download the Hanbook

=====

Re: I've fallen too far

Posted by Rightkedusha - 09 Feb 2016 20:47

Ok, we aagree:ree1) A filter is necessary2) A filter isn't the only help I need.I never had a filter (because I wanted the access to the...). If you don't mind sharing which filter you have I'd appreciate it.

=====

Re: I've fallen too far

Posted by Workingguy - 09 Feb 2016 21:06

Depends what type of computer but for a Windows then k9 is good.

=====

Re: I've fallen too far

Posted by doingtshuva - 09 Feb 2016 21:12

[click here](#)

Tag is very good as they have your code, and you can call in to open or adjust your settings.

there is a lot on the market and you have to see what's good for your needs

=====

Re: I've fallen too far

Posted by Bigmoish - 09 Feb 2016 21:12

I am personally satisfied with qustodio. It has filter and accountability software (which is crucial). It's free for one device, 35 dollars/year for up to 5.

=====

Re: I've fallen too far

Posted by doingtshuva - 09 Feb 2016 21:14

Bigmosh has 2 in 1

go for it

I'll also look into it

thanks

=====

=====

Re: I've fallen too far

Posted by Bigmoish - 09 Feb 2016 21:18

Also, it works for all platforms and operating systems, though iPhones will probably need more careful accountability.

=====

=====

Re: I've fallen too far

Posted by Rightkedusha - 10 Feb 2016 00:20

From the qustodio website, it looks like more of a parental control filter. Seems like they won't block social media, which is my main yetzer hora

=====

=====

Re: I've fallen too far

Posted by markz - 10 Feb 2016 00:57

So then call the game manufacturer, they have specials...

Warning: Spoiler!

=====

=====

Re: I've fallen too far

Posted by Gevura Shebyesod - 10 Feb 2016 01:07

=====

=====

You'll be hearing from my legal team