

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?

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Re: I've fallen too far

Posted by Bigmoish - 10 Feb 2016 19:17

[Rightkedusha wrote on Unknown:](#)

Just an update. I installed the qustodio filter which seems like a good one. But I found a loophole the first minute. At least I did some hishtadlus.

And your accountability partner didn't catch it? I don't mean to judge, but I have a feeling that you know whether or not you're putting in enough hishtadlus. You have my email. Feel free to reach out.

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Re: I've fallen too far

Posted by doingtshuva - 10 Feb 2016 23:00

For me not having a Filter is like an alcoholic in recovery entering a Bar

But he can buy his whisky in every supermarket? Thats right but to the bar you go to drink.

The same is with the Internet, we misused it for porn or for any other forbidden pleasure. so our addiction will automatically drive us off the road, therefore we need Filters accountability and all the boundaries we set up not to fall.

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Re: I've fallen too far

Posted by Watson - 10 Feb 2016 23:31

I'm still a little confused. You came here because of something you did in real life, not from behind a computer screen, but now we've been discussing a filter for a while. The tone has totally changed.

I have found that, for myself, if I do not treat my sexahloism I will always go back to acting out. Every time. I have no choice. The obsession of my mind for lust will beat my willpower every time.

I have broken the filter more times than I can count. (Cos I broke the filter lots of times, not cos I can't count very high.) Then I got a much better filter and I lusted by trying to break it. Eventually I got so frustrated that I couldn't get round it that I just had to act out anyway.

Without treating the sexaholism I will act out again, filter or no filter. If someone locked me in a room with no windows and no computer I'd still be able to lust and act out. And if I was not acting out but had not addressed the sexaholism, I'd go crazy. Sober but crazy.

So what's the real issue here? Why did you join GYE? What's the core problem? And, in your heart of hearts, do you think you can stop?

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Re: I've fallen too far

Posted by waydown - 10 Feb 2016 23:45

I am far from a recovered person myself and I was mekabel not to stick my two sense in too often. However, I have read lots of the back and forths about filters and as one who fell backwards a few times I feel it would be vital to share my own persoanl expeirience Often the way I fall back is not just oh one day I wake up and say hey lets lust and go back to old averious. Rather it starts with my mind saying hey I won't lust or follow social media, dating sites, porn etc.. But I just want to see whats going on there. What are the latest posts, ads or

semi tznus pics. Then I slowly shelp my way back in. What a filter does is, it stops that first drink. So when I am just "checking it out" it stops me. Once I am dying for it yes it won't stop but its that first drink that it stops. Unfortantley, on my work devices I have no control or admin rights to add filters. BH my company switched filters to a stronger one and I did help for a while. I wish I could block more.

My main point everyone is right, filters won't solve the underlying lust problem. yes guns don't kill people kill. But Rome wasn't built overnight. Ridding lust is a process and multi step. While struggling to recover we don't want the vodaka waived in our face.

So we really need both.

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Re: I've fallen too far

Posted by Watson - 10 Feb 2016 23:52

[waydown wrote on Unknown:](#)

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Re: I've fallen too far

Posted by markz - 11 Feb 2016 00:00

[Watson wrote:](#)

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So what's the real issue here? Why did you join GYE? What's the core problem? And, in your heart of hearts, do you think you can stop?

I can't express it as well as the Dr, Thanks man

This is why I repeat my request, and forgive me for that, but when lust reaches the point of acting out with real people, FORGET ABOUT A FILTER as a first step

I believe that when dealing with such a struggle, more profound recovery tools are necessary, and with those tools a filter may not be needed AT ALL

So let the Trucking begin!!!

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Re: I've fallen too far
Posted by markz - 11 Feb 2016 00:19

[Watson wrote:](#)

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In any case Reb Kedusha you demonstrated yourself how helpful a filter is in your current state, when within a minute of installing one you were figuring how to override it

So guys, I don't see why you are all expending so much energy here - **the filter emphasis at this time is pointless**

Further - as is general policy - we like to advise **BASED ON OUR EXPERIENCES**, and I feel whoever hasn't had the struggle Reb Kedusha has, may not know what can help him

If you'd like to see example of poor mls-placed advice, please see "Free Towing" [here](#)

I personally believe that when dealing with such a struggle, more profound recovery tools are necessary, and with those tools a filter may not be needed AT ALL

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There are varying mehalchim within SA and SAA in terms of filtering so I think that proclaiming one mehalech pointless is a little immature. My sponsors tradition is a filter right away. The goal is not that it would keep the person sober, but he believes it is a step in the right direction.

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Re: I've fallen too far

Posted by markz - 11 Feb 2016 18:22

He took that step already, and that's when I wrote that further emphasis can be pointless at this point

I think my sharp talk isn't good - look what happened - a few hours after that one yesterday, the website closed shop :-(

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Re: I've fallen too far

Posted by Bigmoish - 11 Feb 2016 19:14

I don't think that installing a filter where you are the password holder is called "taking a step," but I suppose that there are those that may disagree.

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Re: I've fallen too far

Posted by Shlomo24 - 11 Feb 2016 19:30

[markz wrote on Unknown:](#)

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I hear where you are coming from, but my personal opinion is that this thread has already

There's nothing wrong with having a general discussion about filters. It's been a while since everyone chimed in on a topic.

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Re: I've fallen too far

Posted by Eyeglasses - 11 Feb 2016 19:37

I thank Hashem everyday for my filter.

Sounds like some sweet yiden here feel like it's momesh yehrog val yavor to have a filter

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ventured into a side topic. I forgot about the person who started the thread to be honest
