need help

Posted by waited to long - 01 Nov 2016 21:48

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i finally built up the courage to write this. i am struggling for about 20 years now. it all starting reading a magazine i shouldn't have and lead to an orgasm. and things took from there.

It wasn't always a daily struggle as at some points it was very hard for me to access magazines and movies. The fight got hard when my wife needed a computer for work and i understand technology a lot better than she does and got past anything that was put on the computer. just when i thought my then biggest problem was solved as we installed webchaver that computer broke . we got a new one but moved shortly thereafter and didn't have internet at home so didn't install it again. now i have a smartphone that my wife put restrictions on but i figured out how to bypass them. my wife a while back got the wifi password of a neighbor and although our computer has a filter its not a good one and its easy to bypass. the last few years i have my work computer to add to the picture. i am also in charge of dealing with IT stuff at work so i know all the filters that they have and how and their setup so i know where to get around them.

i know there are other options for all of my devices. however I believe pushing to get them will give away the problem. which will lead to people that wont be a help -rather the contrary- to find out.

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Re: need help

Posted by cordnoy - 09 Nov 2016 14:41

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# **GYE - Guard Your Eyes** Generated: 9 June, 2025, 02:54 Re: need help Posted by Shlomo24 - 09 Nov 2016 15:20 Watson wrote on 09 Nov 2016 08:13: Shlomo24 wrote on 09 Nov 2016 00:58: It happened and nothing would have stopped it, so long that it already happened. But are there any lessons to learn going forward? Yes. That I need my Higher Power more than I think. That I should listen to myself and how I'm feeling (not going into what that means). I'm sure there's more.

Re: need help

Posted by waited to long - 09 Nov 2016 16:47

thanks for worrying about me loosing my thread. but i was actually happy about where it went. as i wrote filters don't help me much, and was curios what others like myself do about it. i understand shlomo (the filter part, not the destiny part. which i believe is a lot deeper than what this forum allows for, and needs big people to clarify. as that point of coexistence of emunah and bechirah is a very delicate subject.) as the filter is not really a deterrent. however i still have them on my devices as i use it like a 3 second rule. which although the trigger was seen you have the extra second try to reprogram. Granted it doesn't work all the time but it sure helps me which for even it only stopped me once its worth the expense of the better filter.

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# **GYE - Guard Your Eyes**

Generated: 9 June, 2025, 02:54

Re: need help

Posted by stillgoing - 09 Nov 2016 23:34

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# Shlomo24 wrote on 09 Nov 2016 05:12:

There has never been a time when I said, "Thank God there was a filter because I would have acted out otherwise."

As Cordnoy wrote above, "to each there own"

There have been many many times - in fact almost Everytime that i was online i said "Thank Gd there was a filter because I would have acted out otherwise." If i didn't say it, it was probably because there was no filter and i did act out (or come close)

Warning: Spoiler!

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Re: need help

Posted by Shlomo24 - 10 Nov 2016 01:45

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stillgoing wrote on 09 Nov 2016 23:34:

## Shlomo24 wrote on 09 Nov 2016 05:12:

There has never been a time when I said, "Thank God there was a filter because I would have acted out otherwise."

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There have been many many times - in fact almost Everytime that i was online i said "Thank G-d there was a filter because I would have acted out otherwise." If i didn't say it, it was probably because there was no filter and i did act out (or come close)

Warning: Spoiler!

I feel like people on this forum don't understand that. I have repeatedly said that my experience isn't others. I respect your experiences SG, and you keep on doing what works for you. And I will keep on doing what my sponsor suggests and what has worked for me.
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Re: need help Posted by yiraishamaim - 10 Nov 2016 02:51
Right on Shlomo24. The road to sobriety need not necessarily be the same for one as for another. But one thing is the same. We all have to be focused what works for us, be honest if we need to tweak, and brave enough to make the necessary changes. "cause change cab hit psychological buttons thought are not always so easy to handle.
Do not misunderstand - I am not saying YOU should change one iota from what you are doing follow the sponsor that knows you best and you feel comfortable with - just saying in General guys need to be ready to change course if that's what's needed.
Hatzlocho!
====
Re: need help Posted by yiraishamaim - 10 Nov 2016 02:52
yiraishamaim wrote on 10 Nov 2016 02:51:

Right on Shlomo24. The road to sobriety need not necessarily be the same for one as for another. But one thing is the same. We all have to be focused what works for us, be honest if we need to tweak, and brave enough to make the necessary changes. "cause change can hit

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Hatzlocho!

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Re: need help

Posted by Workingguy - 14 Nov 2016 15:31

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Shlomo,

I definitely respect your choice to figure out your own plan and how a filter affects you. I know that when he filter is too tight it's like a game to try to crack it and when it's too loose it will eventually be a problem for me and there's a happy medium somewhere.

I know that when I write in suggesting a filter to you it's because you've been sharing your story and from my perspective of hearing your story it sounds like it might be worth trying. So I wouldn't try to convince you but maybe suggest a reevaluation. But of course if you're confident in following your sponsor and don't think the filter is what's missing, then power on in the way you see fit.

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Re: need help

Posted by Newleaf354 - 17 Nov 2016 13:29

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## Shlomo24 wrote on 08 Nov 2016 14:53:

The porn industry is not this passive force sitting there hidden away somewhere in a remote corner of the internet waiting for people who are interested in it to go hunting it down and seeking it out. It's a malicious industry, probably the wealthiest as well, that is actively trying to trap as many people as they can.

We start off with a handicap, and filters help us maybe have an even chance not to get sucked in.

Just another way to look at it.

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Re: need help

Posted by YidFromMonsey - 17 Nov 2016 17:55

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Newleaf354 wrote on 17 Nov 2016 13:29:

Shlomo24 wrote on 08 Nov 2016 14:53:

The porn industry is not this passive force sitting there hidden away somewhere in a remote corner of the internet waiting for people who are interested in it to go hunting it down and seeking it out. It's a malicious industry, probably the wealthiest as well, that is actively trying to trap as many people as they can.

We start off with a handicap, and filters help us maybe have an even chance not to get sucked in.
Just another way to look at it.
I second that, the porn industry is also the most advanced in technology and in offering newer, faster, and better ways (technological speaking) to get sucked in
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Re: need help Posted by Shlomo24 - 17 Nov 2016 19:02
New and Yid: Have you worked in the porn industry before? You seem to know all about the business side of things.
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Re: need help Posted by YidFromMonsey - 17 Nov 2016 20:25
Shlomo24 wrote on 17 Nov 2016 19:02:
New and Yid: Have you worked in the porn industry before? You seem to know all about the business side of things.
No need to, was on the consumer end and anyone can see how advanced they are technological simple as that!
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Re: need help Posted by Shlomo24 - 17 Nov 2016 21:27

But how do you know they're malicious? All successful companies try to increase revenue and utilize advertising.
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Re: need help Posted by YidFromMonsey - 17 Nov 2016 22:57
Shlomo24, I was referring to the "probably the wealthiest as well" comment, but to your point; the porn industry is making money by enticing people to the pleasures that they offer, tempting people to this stuff is not exactly just another business trying to increase revenue, there are many more factors coming to play here, I doubt you would say the same about drug dealing
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my opinion, you have every right to disagree