

Sigh

Posted by Shellshocked - 01 Dec 2016 02:02

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Recently divorced from over 2 decade marriage. Had earlier strugggles with watching trash online---would start by "accident"--plugging in questionable terms into YouTube that would pop of horrible content before YouTube got around to taking them down. Been very good for last several years but have backslid like crazy last few weeks. I am sick to my stomach and so disappointed with myself. I will never be marriage material if I don't nip this in the bud. Praying that this proactive step will give me the chizuck I need. I cannot afford to destroy my soul.

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Re: Sigh

Posted by Markz - 01 Dec 2016 02:28

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Welcome!

I sigh with you - it's painful what you dealing with

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Re: Sigh

Posted by cordnoy - 01 Dec 2016 03:40

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Welcome

Nippin' in the bud is a sound strategy.

B'hatzlachah

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Re: Sigh

Posted by Yosef Tikun HaYesod - 01 Dec 2016 12:04

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Do yourself a big favor, and get rid of the internet.

Just whitelist several sites that you need/want

like this one and your email, etc.

This is one of the best things I did.

If you have been "very good for several years" you can certainly do this,

and get back to where you were...or better.

Talk about being proactive...get rid of it. Take action.

You can do it. Don't think too much if you can do it.

I didn't think I could do it either.

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Re: Sigh

Posted by Shlomo24 - 01 Dec 2016 13:00

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[Yosef Tikun HaYesod wrote on 01 Dec 2016 12:04:](#)

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Dearest Yosef, please speak from your own experience. Has this helped you stay clean? Are you currently clean? I know that the tools you mentioned weren't so helpful for me. As I've mentioned, I don't have a filter and I own a laptop and smartphone with a data plan. I also only found success when I internalized that I can't do it but my Higher Power can. I'm not saying this to refute what you said, but I think that certain tools can be really subjective and speaking from experience is the best we can do.

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Re: Sigh

Posted by Yosef Tikun HaYesod - 01 Dec 2016 14:00

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I don't understand a word of your post!

1. Of course, I am speaking from my own experience.
2. Yes, I am clean (it says how long next to everyone's forum name on the top left of everyone's post).
3. Yes, this has helped me a lot. And if you read his post and what he is dealing with, I think that it will likely help him too. Here is a summary of his post: His earlier struggles were with seeing by accident inappropriate things on the computer. And he was very good/didn't have a problem/ was clean for many years. Now, after being recently divorced, he has backslided and has had a crazy, bad, tyvah-filled few weeks probably watching loads of porn on the computer. And he wants to be proactive.
4. I advised him to get rid of the internet, except a few needed sites that he can "whitelist".

How can you say that this advice has not been successful for you, when you mention in the very next sentence that you have a smartphone and a laptop with an unfiltered internet? This is the opposite of my advice to him!

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Re: Sigh

Posted by cordnoy - 01 Dec 2016 14:17

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[Yosef Tikun HaYesod wrote on 01 Dec 2016 14:00:](#)

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Il will just address point 1.

There is a difference between speaking from your own experience and what has helped you to telling somebody else what they should or must do.

It may be subtle, but it's a difference that makes a difference.

B'hatzlachah

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Re: Sigh

Posted by Shlomo24 - 01 Dec 2016 14:35

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Right, my point was saying that "This worked for me" (for three weeks) is much different than "You do that."

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Re: Sigh

Posted by YeshivaGuy - 12 Mar 2021 01:34

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Hows it goin?

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