

Looking at porn.

Posted by 000111000abcdef - 04 Jan 2017 17:53

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It have been a few years since I got my first smart phone, it might have been exciting at the time but not now. I pushed off putting a filter on my phone due to being lazy. I than ended up looking up inappropriate things on google. From there it grew to looking at worse things on the internet. When this would happen I would delete everything from my phone even my gmail account out of fear of someone finding out. I still didn't have a filter and it kept on happening that I would look up inappropriate material. After a while my school forgot that my phone wasn't filtered and filtered it, but it wasn't a good filter. Than I switched my school and phone and didn't have a filter and the same thing happened again. Until I filtered it but than I had other devices that didn't have filters and the same thing again, until I found "GYE". I am grateful I have found this organization and look forward to great success. I truly regretted the whole time what I was doing but I couldn't stop myself. It have changed how I look at another girl and think about them, I hope that will change. Excited!!!

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Re: Looking at porn.

Posted by Markz - 04 Jan 2017 18:05

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Welcome

Are you gonna stay with us?

how are you gonna remember your username????

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Re: Looking at porn.

Posted by Watson - 04 Jan 2017 20:36

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Welcome. You're in the right place.

First of all please take time to read through the [GYE handbook](#). No two people are the same, everyone has a slightly different set of circumstances, but we all share this problem and since we share the problem we can share the solution too. The book is written in a general way so it

can apply to everyone. I found it helpful to really think about what the book was saying and how it applied to me and my own life.

This is a very common problem nowadays, you're far from the only one to deal with it. The word addict gets thrown around quite a lot, but most people who struggle with this issue are not addicts, just normal people with a normal yetzer hora. Which is good. Some people have come to realise that they really are addicts because their situation got gradually worse and worse despite working on it. When I say worse I mean, in frequency, severity or just feeling worse after every slip. If that is the case we may need more than GYE, which most people find to be therapy or SA or both. But I wouldn't jump to that conclusion about you. Many people have overcome this challenge right here on GYE using the tools in the handbook.

So stick around. Keep posting, keep reading and keep on trucking.

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Re: Looking at porn.

Posted by gibbor120 - 04 Jan 2017 21:24

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Welcome! Check out the handbook. Keep on posting. You are not alone.

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