

Long-time addict

Posted by tintiano - 17 Jul 2017 06:39

Hello! I am a 26 year-old male. I have been trying nofap for over 9 months and been failing repeatedly. My longest streak has been 17 days. I use k9 filter, but it doesn't block inappropriate Google results well enough. I keep relapsing all the time. I'm glad to have found this site!

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Re: Long-time addict

Posted by Singularity - 17 Jul 2017 06:54

Well, well done tinti! Opening up here is a good first step!! 17 days is a good commitment statement!

Every filter will have a loophole. For me, it's more of a rush trying to break a filter than just looking up bad stuff. It's not about filters. It's about radical change in character. That's the simple solution. Keep up the #nofap but ask yourself, #nowwhat?

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Re: Long-time addict

Posted by tintiano - 17 Jul 2017 16:28

Thanks, Singularity. I'm trying to become a better person. I feel #nofap will take me a great distance in that direction.

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Re: Long-time addict

Posted by New Person - 17 Jul 2017 17:40

[Singularity wrote on 17 Jul 2017 06:54:](#)

Well, well done tinti! Opening up here is a good first step!! 17 days is a good commitment

statement!

Every filter will have a loophole. For me, it's more of a rush trying to break a filter than just looking up bad stuff. It's not ONLY about filters. It's mainly about radical change in character. That's the simple solution. Keep up the #nofap but ask yourself, #nowwhat?

Sing. I added two words in you post.

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Re: Long-time addict
Posted by serenity - 17 Jul 2017 17:44

Welcome to GYE. I'm sure you already are a good person because you are here trying to get help. If you would care to pls share how much time you are spending online and where and when you are doing it. I only suggest that because it has helped me to look not at just how bad the material is that i'm looking at but how much it is interfering with my life and the perhaps the lives of others.

Hatzlacha

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Re: Long-time addict
Posted by GrowStrong - 17 Jul 2017 20:31

for me its not about filters

Its ONLY about radical change of character.

When i am not of healthy spiritual condition then i dont even need a computer, ill just go find the nearest corner and close my eyes to self medicate.

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Re: Long-time addict

Posted by tintiano - 18 Jul 2017 01:14

I stay away from home and study piano for most of the week, and return home for the weekends.

On weekdays, I access the net via my mac and iphone, both of which have some decent filtering (except when I try to look up stuff on google or youtube, even then complete nudity is not accessible). My net usage on weekdays is possibly 2 or 3 hours daily.

On the weekends, I go home and access the net on my mom's computer, on which filtering doesn't seem to be working well. I end up being online for at least 6 to 7 hours on the weekends. Although the computer is not in my room, I wait for times when my mom steps out so that I can fulfill my lust...

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Re: Long-time addict

Posted by getthere - 19 Jul 2017 09:51

Welcome to the Forum

Great first step and now comes step two etc.

Do you have any other hobbies you could work on instead of going on the computer when your mother steps out? What helped me most at that time was:

1. to find something else to keep me busy, for example surfing the forum
2. installing a better filter
3. telling myself that it is really not worth it

After a while the desire or the feeling of having to watch will get lighter.

Wishing you lots of Hazloche

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Re: Long-time addict
Posted by hashiveinu - 19 Jul 2017 18:02

welcome to the forum. you are in the right place.

as far as your weekdays are concerned, is there any way you can block youtube from your devices? although there is no complete nudity, it still keeps your lusting continuous throughout the week. maybe if you at least break that continuous lusting it will be easier to break free on weekends as well.

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Re: Long-time addict
Posted by Singularity - 20 Jul 2017 08:57

If you're not an addict, then filters could work.

I can't keep the world filtered. There's too much now. Sure, 1 family PC with dial-up internet, that was easy. Now something will always fall through.

hashiveinu:

No nudity on youtube? Are you sure you're using youtube?

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Re: Long-time addict
Posted by tintiano - 20 Jul 2017 10:35

Thank you!

I am a pianist, and I spend most of the week practicing or learning music theory. The thing is, I am not earning, so I felt it was best to use free filters... I use a combination of K9 and Cold Turkey on my mom's computer. She doesn't know Cold Turkey is installed, and she thinks K9 is

I guess I should read paperback books more... Youtube and Google search are risk zones for an antivirus me...

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Re: Long-time addict
Posted by getthere - 20 Jul 2017 10:46

hashiveinu:

No nudity on youtube? Are you sure you're using youtube?

He means Tinti has nudity blocked on his weekday computer.

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Re: Long-time addict
Posted by tintiano - 20 Jul 2017 10:53

Being a musician and wannabe movie composer, YouTube has become a sort of necessity for me to check out tutorials and musical and media trends and also to de-stress by watching sport videos, funny clips, and general knowledge stuff but I suppose I need to think about using other avenues.

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Re: Long-time addict
Posted by tintiano - 20 Jul 2017 10:57

True that... Filtering is a near impossibility... I am considering using accountability software apart from filters.

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Re: Long-time addict

Posted by tintiano - 20 Jul 2017 11:03

I use a Mac and an iPhone on weekdays. My iPhone has restrictions in place and app downloads and Safari disabled. It has YouTube though, and I have been able to find nudity and sorta explicit stuff on YT when really desperate.

My Mac has access to both YT and Google search (though with SafeSearch enforced, which is not difficult to manipulate by an addict like me)

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