

My struggle

Posted by Chiyuch4ever - 18 Feb 2018 18:59

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Baruch Hashem, I don't really have a struggle with pornography. I am a baal teshuva, and I was into that as a teenager, but when I became frum in my 20s I left that behind. My struggle now is more just baseless wasting time on the internet -- particularly watching soccer and fighting (largely on youtube etc). There are sometimes inappropriate pictures of women in there, but that's not really my motivation or my focus. I've turned to Guard Your Eyes because I feel that I'm not very in control of myself, which is very scary to me. Once the yetzer hara has you doing one thing against your will, who knows what comes next (chas v'shalom). I have used several different filters which block out youtube and other internet sites that I found myself on, but I've come to find recently that -- like a real addict -- I have sometimes gone to relatively great lengths to get into youtube and watch some [stupid] movies. I got a second wind and blocked that avenue to youtube, but I worry that if I don't deal with the root of the problem in a better way, I'll just keep relapsing when the opportunity to do so arises. I want to regain my trust in my own ability to turn away from something that I know is damaging.

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Re: My struggle

Posted by lifebound - 18 Feb 2018 19:14

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Hello and welcome!

It's great that you're not struggling with pornography. I'm pretty sure many of the tools and resources here can and should be adapted for recovery from general internet addiction. If you feel powerless and like you are not in control then that sounds like the same underlying struggle for many of us here.

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Re: My struggle

Posted by AvigdorBenYisroel - 18 Feb 2018 20:15

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Hi, I used to struggle with a lot of that myself. Nowadays though, I barely come to GYE anymore so as not to waste time on the internet. Try to think of how you can fill your schedule with more productive things, as well as having more social interaction. Maybe take on another part-time job.

Get involved in real-life and out of this hole called the internet!

May Hashem be with you!

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Re: My struggle

Posted by Chiyuch4ever - 18 Feb 2018 20:40

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Thanks. The issue is that I work at night, alone, from home, on the internet. My wife doesn't expect me to come to bed until late because she knows I'm working. What she doesn't know is that I get distracted and sometimes spend significant amounts of time just being distracted. When i'm exhausted in the morning from being up until 2 am, she thinks it's because I was up late working. What I should do is go to bed, get back to work, or open up a sefer.

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Re: My struggle

Posted by Markz - 18 Feb 2018 22:27

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[Chiyuch4ever wrote on 18 Feb 2018 20:40:](#)

Thanks. The issue is that I work at night, alone, from home, on the internet. My wife doesn't expect me to come to bed until late because she knows I'm working. What she doesn't know is that I get distracted and sometimes spend significant amounts of time just being distracted. When i'm exhausted in the morning from being up until 2 am, she thinks it's because I was up late working. What I should do is go to bed, get back to work, or open up a sefer.

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Re: My struggle

Posted by Singularity - 19 Feb 2018 11:50

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Gosh working at night alone on the internet would absolutely eradicate me.

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Re: My struggle

Posted by bb0212 - 20 Feb 2018 06:39

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[Singularity wrote on 19 Feb 2018 11:50:](#)

Gosh working at night alone on the internet would absolutely eradicate me.

Kal hakavod! I don't understand how anybody could survive that, but it's fantastic that you can.  
It's a very powerful skill that you have!

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Re: My struggle

Posted by Singularity - 20 Feb 2018 07:34

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[bb0212 wrote on 20 Feb 2018 06:39:](#)

[Singularity wrote on 19 Feb 2018 11:50:](#)

Gosh working at night alone on the internet would absolutely eradicate me.

Kal hakavod! I don't understand how anybody could survive that, but it's fantastic that you can.  
It's a very powerful skill that you have!

The "skill" of sanity :D

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Re: My struggle

Posted by ayidel - 20 Feb 2018 15:24

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[AvigdorBenYisroel wrote on 18 Feb 2018 20:15:](#)

Hi, I used to struggle with a lot of that myself. Nowadays though, I barely come to GYE anymore so as not to waste time on the internet. Try to think of how you can fill your schedule with more productive things, as well as having more social interaction. Maybe take on another part-time job.

Get involved in real-life and out of this hole called the internet!

May Hashem be with you!

well we really miss you and your deep thoughts from the rebbe maybe you should come on more or was it more harm then benefit i surely hope not i haven't found anything wrong around here and find it a great thing to be able to rip myself away from the things i couldn't till i found GYE

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Re: My struggle

Posted by AvigdorBenYisroel - 20 Feb 2018 22:55

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[Chiyuch4ever wrote on 18 Feb 2018 20:40:](#)

Thanks. The issue is that I work at night, alone, from home, on the internet. My wife doesn't expect me to come to bed until late because she knows I'm working. What she doesn't know is that I get distracted and sometimes spend significant amounts of time just being distracted. When i'm exhausted in the morning from being up until 2 am, she thinks it's because I was up late working. What I should do is go to bed, get back to work, or open up a sefer.

Look, what you "should do" isn't helping you, or me. At this stage, the knowledge doesn't work [maybe one day it will, but now it's not working]. Maybe a Taphsic would work something like this: "If until Pesach, I find myself compulsively checking emails... youtubeing etc. [you know your nisyonos and triggers better than I do] I must give \$50 [or 75, or 100, pick a number that's

doable, but not easy] to Kupat Ha'ir [or any tzedakah that you don't like! If you're a satmar give to lubavitch...]"

That should work better tha having an idea of "what I should be doing"!

Hatzlacha!!!

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Re: My struggle

Posted by gibbor120 - 22 Feb 2018 20:15

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Welcome! I'm reading a book called Irresistible. It is about behavioral addictions. I highly recommend it.

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