

I'm back, and just want to be CLEAN

Posted by Shmiras_3.0 - 16 Jan 2019 14:51

WHo am I? What are my former aliases/forgotte usernames? How many people on here know me on a first name basis from SA? **who cares**

Did i abuse my filter today to look at whatever Nude pictures ????? didn't mannage to filter? Did i masturbate in the last 2 years, after such a long and quality period of sobriety? Am i NOT EVEN TRYING to do the most minimal efforts to controll my lust? **yes**

Why am i back? **to be clean, that's all.** [??? ?????? ?????]

Why didn't i simply ask for the forgotten password to my old username? **because i am here for myself, not to preach-teach-sponsor**

PS This site (and corporation) has come a VERY long way since the last time i have been here. And that's just GREAT becuae a single google image search for "porn" might just CRASH THE SERVER, whereas people **eating their heart out in shame and ?????**, still don't know about this wonderfull tool that has helped so many...

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Re: I'm back, and just want to be CLEAN

Posted by Shmiras_3.0 - 24 Jan 2019 01:27

Sorry GYE.

i wrote this post 4 hours after when i should have gone to bed, and 3 hours after when it is already "late" for me.

I am aimlessly surfing the little bit of kosher filtered web that i can, and then i got that familiar urge to use a loophole in the filter. I went to the website, and my conscious started acting up. "but i don't want to be ????? ??????????????" "but i want to be CLEAN and not just sober "by program definition"?" "but hashem saved my butt today, obviously because of the 'GYE change' in my life... why do this??. Hashem will just bring another round of suffering because of it!!"

with all these thoughts, i had very LAME EXCUSES "just to look at the interesting pics" and not the porn. I entered the username, i entered the code... and noticed that although i don't have the willpower to do ?? ??? ????? on the other had i willpower to "overdo" it. so i added a few characters to the password and only afterwards pressed ENTER. the site didn't open, and the craze passed. with a big smile on my face i closed the browser.

The satisfaction of the site not opening! The satisfaction of feeling the pleasure of PASSING THE CRAZE!! The pleasure of closing the incognito browser with my hands still clean, with my pants still closed, with my ??? ????? ???...

why did this happen. I currently have TOO MUCH FREE TIME ON MY HANDS, and i'm TIRED and also HUNGRY. did i forget to mention LONELY HaLT. 3 out of 4

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Re: I'm back, and just want to be CLEAN

Posted by Shmiras_3.0 - 27 Jan 2019 20:21

being clean has it's benefits.

Just think of all the conservation involved in sexual sobriety?!

- No more masturbation means shorter showers...
- Less shampoo wasted...
- less toilets flushed...
- countless packs of tissues saved annually (the only reason i had tissues in my bedroom was for this)
- less laundry...
- less surfing the web means alot of the energy consumption, and better battery life on mobile devices...
- no more promiscuous whatsapp groups
- worldwide internet servers less bogged down!
- no need to purchase Bitcoin, with no more ransomware getting accidentally downloaded..
- at this rate, every tree-loving environmentalist should be "breaking free"

after a short ????? ????????, what i need to be keeping my focus on **is regularly doing the stepwork!!!! (with a pen and paper)**

today i had a ripe opportunity to start getting my feelings on paper. And interestingly enough, the only page i had on-hand, was from last weeks stepwork. So after filling in a very long "thank you hashem...." list, i took a peek at what was keeping me on-edge last week.

It was astounding to see that i was dealing with LIFE-ALTERING issues, truley worrisome and GRAVE events.... that HASHEM DEALT WITH for me, and RESOLVED really well.

No, the credit doesn't go to me in any way. So what if Hashem is doing HIS JOB, **what about me? over this last week did i do MY STEPWORK? DID I DO ANY STEPWORK THESE LAST 4 DAYS?!** Sadly not. ?????? ??? ?????? when we "recently" went 3 short days without "water" in pashas ??????, our bitter "fall" (pun intended) made it into all the history books. ?????? if i am going multiple days without any stepwork!!!! that's stupid!! that's dangerous?!?!?

From my past experience in SA,GYE, and LIFE (no it's not an addiction related therapy), the 12 step program has the potential to effectively keep ME clean for years on end! if i just do the stepwork (instead of preaching it to others... as i used to do), i will be forever free of internet porn! so that is why i put such a strong emphasis on this for me. Frankly, just working these steps, and sharing it a little with others, has the potential to keep me clean **for the rest of my life!** so oy-vey, if i don't do them

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Re: I'm back, and just want to be CLEAN
Posted by Shmiras_3.0 - 31 Jan 2019 21:24

i slipped and then fell.

Why? too much stess-fear-worries-disappointment... all building up steam inside me. In retrospect (because after losing a decent clean streak everyone tends to philosophize...) i feel that i have been ignoring too many emotions, and distracting myself from them for TOO LONG.

i need to "clean house", and NOW.

bye, signing out- and going to do a half hour of stepwork

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