

just joined

Posted by A Brother - 21 Jun 2020 22:07

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Hey! first time on the website- this is so incredible... 1st day on the 90 day thing. This has gone waaaaay too far. I feel so filthy and unholy.... this stuff eats my brain and just sucks me out of needing to deal with anything. All the bad mussar shmuzen i have ever heard are playing in my head on repeat. I really want to want to get out of this... like really... its so hard to work up the motivation when its so easy to fall into, and such a perfect escape from reality... but i know its so awful

could anyone offer some advice/support

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Re: just joined

Posted by Grant400 - 14 Dec 2020 18:06

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If I may be so bold, I'd like to share what it seems like to me.

From your posts I understand that you don't feel good about it and you know it's wrong and in theory you would like to stop, but the actual motivation isn't there. The bad feelings you have, causes you to want to have a filter, but as soon as the filter is gone your whole desire to stop and the "motivation" is out the window. That's why I suggested last time when you first posted to sit down and make a list of all the pros and cons. Make it clear to yourself that you really do want to stop not because it's wrong and not because it's forbidden. That clearly wasn't enough till now.

The reason you want to make changes is because you will be a happier person and feel more productive. Once you have a solid motivation fueling your desire to stop, you're in a much better and more realistic place to overcome this mighty battle.

Let me know what you think.

Grant

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Re: just joined  
Posted by Gevura Shebyesod - 14 Dec 2020 18:19

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How about having him add that one site to the whitelist then immediately turning the filter back on?

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Re: just joined  
Posted by A Brother - 14 Dec 2020 18:24

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Yeshivaguy thank you

I'm going to do that. It really seems like a good way forward. Thank you again for the suggestions and the chizzuk you really helped me out

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Re: just joined  
Posted by A Brother - 14 Dec 2020 18:27

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Yeah I'm going to try be"h thank you

2626 days!!! You're a real champion

Thanks for the helpful suggestion

( to gevura shebiyisod)

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Re: just joined  
Posted by YeshivaGuy - 14 Dec 2020 18:29

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[A Brother wrote on 14 Dec 2020 18:24:](#)

Yeshivaguy thank you

I'm going to do that. It really seems like a good way forward. Thank you again for the suggestions and the chizzuk you really helped me out

Amazing, and my pleasure.

Keep us updated.

We're in this together

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Re: just joined

Posted by A Brother - 14 Dec 2020 18:31

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Yeah Reb @Grant400 you're totally right.

It's time to do that...

together with the other suggestions I'm hopeful about this

thanks you're really helping me out here

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Re: just joined

Posted by YeshivaGuy - 17 Dec 2020 03:20

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[A Brother wrote on 14 Dec 2020 18:24:](#)

Yeshivaguy thank you

I'm going to do that. It really seems like a good way forward. Thank you again for the suggestions and the chizzuk you really helped me out

So? How did it go?

Keep is updated on your successes and Failures! We care about you. We are all one family.

A Gut Chanuka!

YeshivaGuy

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Re: just joined  
Posted by A Brother - 17 Dec 2020 05:15

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Today was my first day clean in a while. B”h. Thank you

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Re: just joined  
Posted by OivedElokim - 17 Dec 2020 05:25

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??? ????!

savor the sanity. It only gets better.

upwards and onwards...

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Re: just joined  
Posted by Zedj - 17 Dec 2020 05:44

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Hey brother,

Welcome to the club!

Congratulations on your first clean day in a long time!

Buckle up for a lifetime of a trip.

They say that the battle will get easier with time, so hold on tight.

I can talk for myself and what worked for me so far.

1-strong filters on ALL available devices in reach and if not filtered DO NOT TOUCH THE DEVICE unless it is in full view of others.

2-call up one of the veteran GYE members if you have not done so yet...it will be a game changer-so you can see others are struggling with similar struggles as you

3-keep posting updates. It will help you with accountability and be mechazek others and yourself

Of course, it won't necessarily be the answer but it will be a good start.

Try it out and see if it will help you.

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Re: just joined

Posted by A Brother - 17 Dec 2020 21:52

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Ahhh I had one clean day and today I fell darn it darn it darn it

Zedj I'm going to implement your suggestions. I'm getting back up and in for another round.  
Here we go

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Re: just joined  
Posted by A Brother - 17 Dec 2020 21:54

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I'm working on what reb grant 400 said and he's totally right. I only have the strength to withstand with positive motivation and I'm working on that. I'm working on it.

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Re: just joined  
Posted by A Brother - 17 Dec 2020 21:59

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And @ yeshivaguy

I haven't worked up the courage to tell the bro with the password that I have an issue.... but I have been working on identifying triggering situations and the other stuff you suggested and it has been helping

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Re: just joined  
Posted by A Brother - 17 Dec 2020 22:00

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I feel like such trash right now wow

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