

"Just regular movies "

Posted by Grant400 - 12 Jul 2020 13:59

A few days ago I started a topic in the balei batims forum about how I'm addicted to regular movies. How it takes up way too much time like sometimes till 5am. How I adore them in an almost worshipful manner. How it takes up too much of me.

Well I've just had a rude awakening. You see what I've also struggled with only a few times in the past was exploring regular Hollywood movies that had inappropriate content like nudity...nothing to graphic but enough to get aroused. I have only done this a few times. It only happened on rare occasions and I always got it in check with tricks or a knas etc. I completely got passed it and stopped and haven't done it in like 2 months. And during those months I grew immensely in shmiras einayim in all aspects. I was convinced that I was safe. So the only problem was just my addiction to movies.

Lo and behold out of the blue last night I fell so completely unexpectedly. This led me to view a few inappropriate pictures too. Nothing crazy just something I thought I conquered. Oh well now I really gotta kick my movie habit if it leads to this. I am resetting my 90 day count and will iyh try to stop movies all together. Still gonna watch clean comedy with wife but no more movies by myself unsupervised and at all hours. So my 90 day count will be in regard to movies, viewing inappropriate material and HZ"L (not really a problem but another geder wont hurt). I'm posting here to hold myself accountable.

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Re: "Just regular movies "

Posted by Grant400 - 09 Dec 2020 00:02

Really in a hard place the past few days. I did break the record of my longest streak since joining. But due to circumstances, beyond my control I'm struggling immensely. Not so concerned that I'll actually fall, (thank you Gentech!!!) but seriously in pain. Mentally as well as physically. How do i get my mind to stop reminding me?!?

Attention my mind: "I KNOW AND I DON'T CARE!!!!"

Just thought I'd share.

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Re: "Just regular movies "

Posted by YeshivaGuy - 09 Dec 2020 00:04

I'm sorry you're going through this.

Perhaps if you shared with us the cause and nature of your pain we may be able to offer eitzah?

With love,

YeshivaGuy

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Re: "Just regular movies "

Posted by Markz - 09 Dec 2020 01:11

[Grant400 wrote on 09 Dec 2020 00:02:](#)

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Sorry to hear.

When people are confronted with a difficult situation, they will either

1. Fight.
2. Flight (or drug out the situation)
3. Fawn (stay passive)

Which one do you use to deal with Lust / or the pressures of life.

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Re: "Just regular movies "

Posted by Grant400 - 09 Dec 2020 01:57

[YeshivaGuy wrote on 09 Dec 2020 00:04:](#)

I'm sorry you're going through this.

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With love,

YeshivaGuy

I'm not sure if I should. It's more of a topic fitting for the BB forum. It doesn't really make a difference. Just an huge increase in urges.

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Re: "Just regular movies "

Posted by Grant400 - 09 Dec 2020 01:58

[Markz wrote on 09 Dec 2020 01:11:](#)

[Grant400 wrote on 09 Dec 2020 00:02:](#)

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Either fight or fawn. Depending on which is more logical. Why?

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Re: "Just regular movies "

Posted by Markz - 09 Dec 2020 02:41

[Grant400 wrote on 09 Dec 2020 01:58:](#)

[Markz wrote on 09 Dec 2020 01:11:](#)

[Grant400 wrote on 09 Dec 2020 00:02:](#)

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Well, is that helping you in the long "run"

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Re: "Just regular movies "

Posted by Gevura Shebyesod - 09 Dec 2020 04:27

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Just thought I'd share. Sorry to hear.

When people are confronted with a difficult situation, they will either Fight. Flight (or drug out the situation) Fawn (stay passive) Which one do you use to deal with Lust / or the pressures of life. Either fight or fawn. Depending on which is more logical. Why? Generals usually fight. Unless they are trying to be nominated for SecDef, then they fawn.

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Re: "Just regular movies "

Posted by Gevura Shebyesod - 09 Dec 2020 04:30

[Grant400 wrote on 09 Dec 2020 01:58:](#)

[Markz wrote on 09 Dec 2020 01:11:](#)

[Grant400 wrote on 09 Dec 2020 00:02:](#)

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Re: "Just regular movies "

Posted by Misgaber96 - 10 Dec 2020 12:32

Shalom Grant,

Mazal Tov on your achievement to get to 58 DAYS Baruch Hashem! Kein ayna hora! I pray that this trouble should pass shortly and that you will be tantsing on the other side besimcha sheleima!

Kol Hakavod Chabibi,

Love Misgaber

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Re: "Just regular movies "

Posted by excellence - 10 Dec 2020 19:01

Dear Grant,

?You may appreciate this link about Movies www.guardureyes.com/GUE/Tips/Movies.asp

A freilechen Chanuka,

Excellence

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Re: "Just regular movies "

Posted by excellence - 10 Dec 2020 19:03

and this

www.guardureyes.com/GUE/Images/leshem-pirud.pdf

www.guardureyes.com/GUE/Time/KosherMovies.asp

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Re: "Just regular movies "

Posted by Grant400 - 10 Dec 2020 20:31

[excellence wrote on 10 Dec 2020 19:01:](#)

Dear Grant,

?You may appreciate this link about Movies www.guardureyes.com/GUE/Tips/Movies.asp

A freilechen Chanuka,

Excellence

Thanks for thinking of me, but unfortunately (fortunately?) I can't open links as I don't have a browser.

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Re: "Just regular movies "

Posted by excellence - 10 Dec 2020 22:12

Wow! I think ur amazing. It was worth it to hear this alone!

Sure there are many others who lurk around here that can benefit from these links too!

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Re: "Just regular movies "

Posted by Grant400 - 16 Dec 2020 14:08

Recently I've had an extreme uptick in urges and desires. They completely overtake me mentally and physically.

I'm not terribly concerned about falling, the way I feel now, because I'm using the methods I've found helpful, but it sure does hurt like hell! Hopefully nothing changes for the worse because

than I might be in some serious trouble.

Last night I was exploding again, Hashem reminded me that after last fall I wrote a letter to myself in my thread, detailing how I felt and explaining why I shouldn't be so tempted. I went and read through that part of my thread and It b"h completely doused the fire raging within me with a splash of ice cold water.

So, I got a reprieve last night but it's not always like that. I've learned that we can try all our tricks, sometimes they work sometimes they don't. But as long as we know that no matter how excruciatingly enticing, or how painfully intoxicating it seems, it's a myth and a complete fabrication and we can accept the caged beast and realize it's not something we need pay any heed to.

I know I've suffered so much lately from not giving in to my desire, I experienced such physical and mental anguish. But I know that if I would give in, after a few fleeting moments of drinking joyfully from the forbidden waters, I will suffer many more times the pain, laden with feelings of guilt and dishonesty, wallowing in being undisciplined and morally deficient. I would need to restart my trek from the deepest depths of depravity and selfishness towards an island of humanity and sanity yet again.

So why go through all of that if I'm already sitting on top of that mountain? I was already blessed with the clarity of vision and education of past mistakes. I can't con myself into forgetting all that I've learned. For if I do, what better am I than a beast in the jungle?

So will I take a sip of these salty waters, to quench my thirst and to wet my parched throat? I think not. That would only be a fools journey of shortlived indulgence and self gratification, with a devastating effect and debilitating consequences.

Today I will think for myself, for if not, there is no me. I will not let the lowest pieces of refuse, masquerading as humans, decide my fate. I will not allow the animal in me to reign supreme! I will not answer my instincts every beck and call. I am not subservient to dishonesty and foolishness.

Why am I sharing this? Because I needed to think about this, and write it, and read it again from

time to time. I want to document all the lows and highs of my journey for reference at a later date when needed. Just like I did last night. Maybe reading this will help others too, but that wasn't my primary objective. I'm not here to preach, but rather to learn.

Here's to hoping these feelings will last and pull me through these trying times.

Grant

P.S. All said and done, without you guys and this forum I don't think I would still be clicking "still clean". It's thanks to all of you who share your own experiences and inspire all of us to be the best we can be. Thank you guys!

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Re: "Just regular movies "

Posted by Grant400 - 21 Dec 2020 18:30

I was just looking through some books, and one book in particular caught my attention. I looked at it and realized that it's probably not the most kosher book to put it mildly, but I wrongfully glanced at it anyway and browsed through the pages.

It was indeed not clean (just the writing and topics, no pics chas"vsh), and although it is not something that can always be prevented when reading books, I'd like to publicly accept to try my best not to read such literature (that is about sexuality in an unclean manner). If I do glance at a book with such intent specifically, from now on I'm going to have to restart my count.

Although it doesn't seem that bad, and indeed it doesn't supply an effect like visual stimulation,

it's still indulging the lust in me.

I'm posting this to hold myself accountable.

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