

"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 chancy - 19 Jan 2021 21:57

The only thing i can possibly think of being non triggering is cartoons.....

But i made a commitment not to watch and i have to keep the borders clearly visible!

Thank you Harav Reb Grant Shlita!

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Re: "Just regular movies "

Posted by Hashem Help Me - 19 Jan 2021 23:53

[chancy wrote on 19 Jan 2021 21:28:](#)

BH I reached 180 days 2 days ago!

I never since i was 11 dreamt that i will be able to go this long without m*. Its not possible that i did....,

The reason im posting it here is because i can say with certainty that the biggest 'geder' i did (Except strong filters and other life saving [necessities](#)) is to stop watching Goyishe movies! I was not able to move forward as long as i didn't stop, It was very hard. and i miss movies like crazy, but that's the price i have to pay for now.

Mazel tov! Very important post. Keeping the door open a crack eventually lets in the monster.

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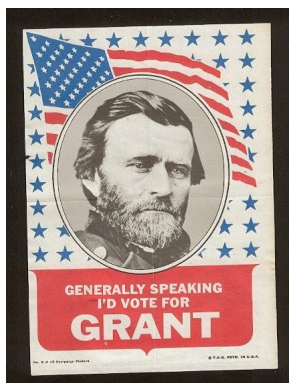
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Re: "Just regular movies "

Posted by Markz - 20 Jan 2021 02:10

[Grant400 wrote on 11 Jan 2021 15:27:](#)

[Gevura Shebyesod wrote on 11 Jan 2021 14:54:](#)



What's with the blank post? Is my filter blocking something?

Wow - now even the Chat has a dedicated thread for the "General".

<https://chat.guardyoureyes.com/channel/general>

Long live President Grant!

Warning: Spoiler!

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Re: "Just regular movies "

Posted by Markz - 20 Jan 2021 02:12

[lionking wrote on 19 Jan 2021 23:30:](#)

[Grant400 wrote on 19 Jan 2021 22:17:](#)

[Sapy wrote on 19 Jan 2021 20:51:](#)

I fell again today.

I dont know what I need to do, somehow I cannot reach more then 2-3 weeks clean.

I cannot pin point a pattern, maybe it's just when stress gets to me.

I can empathize with you.

Yesterday I had an incredibly disappointing day. Something I spent lots of time, effort and money ran into problems. Someone I paid to help with the project, got paid and ran off into the wind. I'm at a loss.

In addition, for reasons belonging in the Balei Batim's Forum, I'm having incredible lust battles with desires for things I haven't struggled with this seriously - maybe in years...

Did I have an overwhelming desire to act out? Did I crave drowning myself in naked women and masturbation to numb my stressed mind? Absolutely. I still do, and have no advice at all, just this.

We must always keep in mind, "Band aids don't fix bullet holes ". Yes, its pleasant to numb our anxiety, stress or disappointment with an intense high, or a quick pleasurable orgasm, but that's not living life. That's running away from it.

As soon as we get our fill of sweet lust, is the stress or anxiety any less?

Do we want to be running our whole life?

Is that the way we want our life to look?

A brother who feels your pain

Where's the 5 star option?!

Grant, Thanks so much for this post

This is another case in pint, where you write to one and it hits a home run for someone else.

Keep it in mind for the future, such as when you think you're writing pointlessly to a newcomer who disappears quicker than he came...

KUTGW!

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Re: "Just regular movies "

Posted by Lou - 01 Feb 2021 04:53

R Grant,

Fill us in... Is it really different once you reach 90 days? There is an impressive looking paragraph on top of the charts that implies it is so. I have my doubts though. I feel like I am in this battle for life. It is more livable when I pretend that my short term goals(30 days,40 days 90 days etc) are the end game. But deep down, I think it is all the same. That is not necessarily a bad thing, but just puts things in perspective.

Enlighten us non wall of honor folks

Thanks!

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Re: "Just regular movies "

Posted by Grant400 - 01 Feb 2021 11:54

[Lou wrote on 01 Feb 2021 04:53:](#)

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Thanks!

I don't know about 90, but after a while things change a little. There are still many ups and downs, but there are two differences that stand out to me.

1) There are longer periods of desire not being on your mind. Obviously this is excluding outside stimulation, meaning this is only true with active shmiras einayim.

2) Even when the fire of desire burns as deep and strong, there's less of a chance you will actually sin. There is a certain level of "I don't do this. Period.

Obviously the risk is still huge, and the pain can almost be unbearable, but it's definitely a different kind of battle many times, because of who the person is today.

So the answer is: Nothing changes in the world of temptations and enticement. It's the person who learns to RESPOND differently and lend it less importance. Once the guard is let down and a sip is taken we are back in the ring.

P.S. The fact that I don't want to have to restart my count definitely helps too!

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Re: "Just regular movies "

Posted by Hashem Help Me - 01 Feb 2021 16:02

90 days appears to be an amount of time the average person needs to rewire their thinking. There are chevra that successfully break free in very short periods of time, and of course some take much longer.

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Re: "Just regular movies "

Posted by tahoreiniyim - 03 Feb 2021 17:18

Hi All,

I just want to share something regarding Watching Regular Movies which is the topic of this thread.

During my long struggle, ive seen time and time again that the only way to keep clean is to watch the eyes from any inappropriate images of course. but i was fooling myself into thinking there is such a thing as clean movies. It took a while for me to realize that for me there is no such thing. Almost every movie has something that can trigger me. so i stopped completely, it was incredibly hard, still is. but that was the only way.

Another titbit, Both me and my wife stopped watching Movies and TV sat separate times, and we both saw incredible and open signs from HASHEM right away after making the commitment to stop! Ive never seen anything like this! it was like Hashem was clearly telling me "yes this is what i want for you"

Anyway, hope this helps someone out.

Thanks

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Re: "Just regular movies "

Posted by Lou - 03 Feb 2021 22:22

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Thanks

That is a very true and inspiring post. I just would like to point out,that many times after you take on something like this you will NOT see open signs from Hashem. This does not in any way mean that Hashem doesn't approve of what you did or love you etc. It is always amazing when you do get that sign. But don't despair at all when you don't. The ways of Hashem are hidden from us!

This is easy to say(write) but very challenging to put in practice. However,it is the truth.

Thank you

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Re: "Just regular movies "

Posted by Grant400 - 16 Feb 2021 15:19

I had a slip last night. I'm calling it a slip because even though initially before giving in I made a decision that this doesn't constitute a problem for me, it was still irresponsible for where it can and normally does lead. Thank God, I didn't go further. But I do feel really bad about it.

That being said, I have mixed feelings. On the one hand I am upset at myself, and feel bad about the fact that I gave into something which isn't 100% kosher and according to healthy standards.

On the other hand, there is a slight silver lining, if you can call it that. Because I feel terrible about this, it reaffirmed my understanding of the fact, that if I give in to real temptation and let loose, I will feel way worse. Although I know this intellectually, as time goes on while being clean these memories tend to fade slightly. It is helpful to be reminded about this, although I wish it wasn't in this way.

Additionally, the fact that I didn't go all the way, even while using a so-called gateway drug, shows me that I still am in control to a nice degree.

I understand that this may have happened because I haven't been so active on the GYE forums. This is not because I felt capable to leave and be on my own. No, I never stopped understanding that I need GYE in my life in order to remain clean. It's necessary for me to constantly read other people's battles and triumphs. I need to benefit from rewriting and reiterating what I already know on a constant basis. But the truth is these past few weeks I have really been busy, and I legitimately didn't have time to be an active participant although I did make time for it every day, and skimmed through most of the new posts.

I guess what I'm saying is that this is just as important or maybe even more, than all the things I am busy with.

From here on I will try my best to make more time for GYE. This is just as important, actually even more, than all the things I am busy with. From here on, I will bl'n try my best to make time on a more constant basis and be more active on the forums.

Additionally, I accept upon myself not too give in to what I gave into last night although I do not think it is a problem for me in the realm of regular triggers per se, it would take a fool to continue conning myself into believing that it doesn't make a difference, and is innocent. It is wrong.

Grant

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Re: "Just regular movies "

Posted by DavidT - 16 Feb 2021 15:30

[Grant400 wrote on 16 Feb 2021 15:19:](#)

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Grant

Hi Grant, I consider you a role model when it comes to being so open and honest.

They say that "The opposite of addiction is not sobriety. The opposite of addiction is connection." And our whole society, the engine of our society, is geared towards making us connect with things not people."

So let's stay connected and we'll be able to keep on growing with Hashem's help!

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Re: "Just regular movies "

Posted by Lou - 16 Feb 2021 21:51

Thank you for being open about your challenges. It gives us Chizuk.

Can you share what the gateway drug was? It just may help enlighten us to what is something that can look innocent but truly isn't.

Thank you

Stay strong!

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Re: "Just regular movies "

Posted by Ish MiGrodno - 16 Feb 2021 22:20

Last few weeks were Grantless and dull.

We didn't know where you were...you really scared us!

I too (virtually always feel that I) am too busy...yet force myself to post because I know the cycle of spiraling free-fall too darn well. Without posting, I am vulnerable and pure dogfood for the predator yetzer.

Please don't scare the daylights out of us again.

So happy that you are back to celebrate 90 with me BEZH tomorrow night (And I can't imagine that I would be celebrating had it not been for your hashpa'ah)...

General relief in Grodno ~ IMG

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Re: "Just regular movies "

Posted by Markz - 17 Feb 2021 04:33

[Grant400 wrote on 16 Feb 2021 15:19:](#)

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decision that this doesn't constitute a problem for me, it was still irresponsible for where it can and normally does lead. Thank God, I didn't go further. But I do feel really bad about it.

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wrong.

Grant

I love that fuzzy rock bottom feeling when we get the friendly reminders that we can't live without gye. I'm just saying in 'General'

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