

"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 Gevura Shebyesod - 19 Feb 2021 21:15

I have some extra salt if you need it...

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Re: "Just regular movies "

Posted by Lou - 21 Feb 2021 07:40

[Grant400 wrote on 19 Feb 2021 19:18:](#)

Slipping and sliding. A fall? Don't know...don't think so...dont want to believe so? Definitely had excuses but c'mon.

Gotta grab myself. Enough is enough. If I rationalize then there is no end. This stops here da**it!

Will make a taphsic next week. Hold me accountable.

R Grant,

Possibly read through some posts you have left for others. It can do wonders when you apply it to yourself.

I have done that at times and my posts are not quite on the level of your posts (to say the least).

Hatzlocha!

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Re: "Just regular movies "
Posted by Markz - 22 Feb 2021 04:08

[Gevura Shebyesod wrote on 19 Feb 2021 21:15:](#)

I have some extra salt if you need it...

Can the general weather the Storm on his own or does he need a MONSTAH plow?

I'm worried for you - hope you're not in some fangled pile up some where miles away from home, slipping and sliding down the snowy you tube...

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Re: "Just regular movies "
Posted by Grant400 - 22 Feb 2021 21:34

Thanks for your concern, both those on the forum and in private message. I am doing great thank God. I got past the hump when I started to slide carelessly. I'm in a much better place right now, and completely in control. Honestly, the reason I haven't been around so much is because I have a lot on my plate right now and I am real busy. Hopefully things will calm down when the next few weeks although I'm not all that sure. I'd like to get back to my regular activities here, as it helps me immensely.

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Re: "Just regular movies "
Posted by YeshivaGuy - 11 Mar 2021 05:39

Your almost at day 150, wow! Mazel Tov!

Hope you're doing well...

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Re: "Just regular movies "
Posted by starting - 16 Mar 2021 15:16

[Grant400 wrote on 20 Oct 2020 17:21:](#)

Dear Grant,

I'm just going to write my feelings down so you can read them daily, and remind yourself of all your painful emotions you feel right now. I hope this will serve as a constant reminder of who you are and how you want to live every second of your life.

Please don't take this lightly, and don't rest assured in a false confidence of your security. You yourself know how many times you were complacent, yet the yetzer harah ambushed you with an unrequested test. He tempted you, exposed you or made you ridiculously "curious" about something. You unwittingly fell into his trap while being certain that you won't be tricked. Be cognizant of his sly and cunning tactics and stay on your toes always expecting the sharp edge of his unsheathed sword against your neck.

Now let me address his methods and explain why they are faulty.

He makes it exciting and interesting but you know it is all a fantasy. The reality is not at all like that. He causes it to feel physically and mentally necessary, but nothing ever happened when you didn't respond. He wants you to focus solely on the desire without allowing room to understand the undesired outcome. Don't be fooled, the cons outweigh the pros by an incredible margin. When you tell yourself that something is harmless - and of course you won't go farther than this - it's your befuddled mind futilely attempting to think straight while under the influence of his harmful intoxication.

Focus on the consequences you suffered in the past. Yes, maybe a few minutes of dizzying pleasure, a moment of satiated curiosity, but followed by excruciating pain, guilt, tears, helplessness. Oh! Where was the expected bliss?

Remember the way you felt, disloyal to loved ones. How painful it was to look into your beloved eishes chayil's face and feel like someone she doesn't think you are or want you to be. The faces of your angelic children haunting your tainted and tortured soul. Oh! Where was the promised pleasure?

Recall every teffilah, each beracha, hours of learning the heilige torah hakdosha, was it satisfying knowing how you acted yesterday? Last week? Last year? How you corroded and corrupted your connection to your creator, filling potentially beautiful moments with jagged scars. Repaying good with evil, selfless giving with selfish indulgences. Oh! Where was the gleeful gratification?

What about your self respect. The way you turn into a gibbering fool at the slightest enticement. A man, now a child. A disciplined person now a mess. Ego smashed and pride all but lost. Oh! Where was the slated delights?

My dear Grant, please absorb all that I'm saying. I'm saying it out of pure unadulterated love. I'm pleading with you because I know your true abilities. I understand the person you really are and truthfully want to be. I know the man you can be. I know the man you will be!

Please take the time to review this heartfelt letter daily, and when faced with struggles. Constantly pray to your creator and ask for strength.

I know I can be helped, for I can help myself.

Sincerely,

Grant

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Re: "Just regular movies "
Posted by Grant400 - 23 Mar 2021 01:11

So I need the oilams opinion. I have an app on my phone that is a regular app, not a social media app that I need for business. I was told that there is problematic content on it and it was driving me crazy for a long time knowing that maybe it's there. I decided to check out and see for myself because knowing it isn't will take a load off of me on a daily basis. I checked and unfortunately there was terrible images. I stayed around for way too long.

My question is, is it a fall? I only looked with a good reason, but I ended up getting pulled in. Deep in. What's the oilams take?

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Re: "Just regular movies "
Posted by Lou - 23 Mar 2021 01:20

[Grant400 wrote on 23 Mar 2021 01:11:](#)

So I need the oilams opinion. I have an app on my phone that is a regular app, not a social media app that I need for business. I was told that there is problematic content on it and it was driving me crazy for a long time knowing that maybe it's there. I decided to check out and see for myself because knowing it isn't will take a load off of me on a daily basis. I checked and unfortunately there was terrible images. I stayed around for way too long.

My question is, is it a fall? I only looked with a good reason, but I ended up getting pulled in. Deep in. What's the oilams take?

I think this is a decision that can only be made by you. Only you know exactly what happened and what your intentions were while you were doing it. Your honesty in posting this very commendable and it is a great lesson for all of us.

Hatzlocha with your decision!

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Re: "Just regular movies "
Posted by YeshivaGuy - 23 Mar 2021 01:25

[Grant400 wrote on 23 Mar 2021 01:11:](#)

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My question is, is it a fall? I only looked with a good reason, but I ended up getting pulled in. Deep in. What's the oilams take?

I could hear a good tzad to call it not a fall since by the time you were in the matzav and saw the picture your bechira was hampered. Personally I think it would depend on whether you initially looked 100% lsheim Shamayim/to take off the burden, and not like 40% for taiva and hid behind this notion. (Not chalila judging or criticizing, just trying to help).

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Re: "Just regular movies "
Posted by Sapy - 23 Mar 2021 01:26

Whichever way will help you going forward imho

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Re: "Just regular movies "
Posted by Sapy - 23 Mar 2021 01:30

[Grant400 wrote on 03 Sep 2020 21:29:](#)

Ok. So I fell. At least I think I did. I downloaded a new app and was suspicious that it had access to inappropriate content (like nude images) , and I decided that I can't live with having suspicions that I have access to triggering content. It would be a constant battle that I may lose on a bad day with bad consequences.

I said to myself, let me check now that I'm doing very good and if there's anything there I'll immediately uninstall and block the app. Well. It was way worse than I expected (only images though, and not terrible ones just something that rhymes with "mood") . And I lingered for much longer than expected (or wanted, I should've expected it actually). Now I uninstalled the app and blocked it.

So here's my question: Is it a fall? I mean I know I probably shouldn't have checked, but I still had somewhat of a point. Or did I? Was it all an excuse? Please help me decide. (It isn't only about the streak, it's about me feeling disgusting or just thinking that I shouldn't use such excuses even if it made somewhat sense in the future)

Grant

Grant I remembered you had a similar situation in the past... was it also the same app lol?

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Re: "Just regular movies "
Posted by Grant400 - 23 Mar 2021 01:31

[YeshivaGuy wrote on 23 Mar 2021 01:25:](#)

[Grant400 wrote on 23 Mar 2021 01:11:](#)

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My question is, is it a fall? I only looked with a good reason, but I ended up getting pulled in. Deep in. What's the oilams take?

How long is "way too long"? And what's called "deep in"? Like examining each intricate detail?

And was it a fight to stop looking when you did? Or was it after your "fill"?

Good question. Like 10 min or so. Definitely did some examining....dont think I stopped when the desire was burning as strong, but I believe it was before I was done...but everything is tainted by negius...

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Re: "Just regular movies "
Posted by YeshivaGuy - 23 Mar 2021 01:32

I since edited my post, feel free to check it out now

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Re: "Just regular movies "

Posted by Grant400 - 23 Mar 2021 01:36

[Sapy wrote on 23 Mar 2021 01:30:](#)

[Grant400 wrote on 03 Sep 2020 21:29:](#)

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Grant

Grant I remembered you had a similar situation in the past... was it also the same app lol?

Yes I know. No different app. That app is not allowed on my phone. For some reason my desire for something that may be there, is greater than for something I know is there and I stay away.

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