

"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 YeshivaGuy - 23 Mar 2021 01:44

[Grant400 wrote on 23 Mar 2021 01:37:](#)

[YeshivaGuy wrote on 23 Mar 2021 01:32:](#)

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

I do believe it was for the real reason, bec recently I did this with a different thing and there was no problem. I was so relieved I decided to do the same with this. But there is always desire...so who knows?

Aha, so I vote that it was a slip. Not a fall

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Re: "Just regular movies "
Posted by Grant400 - 23 Mar 2021 02:02

Uh oh...I'm feeling that feeling. C'mon you messed up nd saw things you haven't in almost a half year. You should probably just click I fell. Back to 0! You may as well enjoy tonight...

You're gonna feel the same guilt so at least enjoy as much as possible...

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Re: "Just regular movies "
Posted by Lou - 23 Mar 2021 02:04

[Grant400 wrote on 23 Mar 2021 02:02:](#)

Uh oh...I'm feeling that feeling. C'mon you messed up nd saw things you haven't in almost a half year. You should probably just click I fell. Back to 0! You may as well enjoy tonight...

In that case there is no question you should just call it a slip and move on!

Hatzlocha!

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Re: "Just regular movies "
Posted by cordnoy - 23 Mar 2021 02:07

[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?

No!

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Re: "Just regular movies "
Posted by HappyYid - 23 Mar 2021 02:35

[Lou wrote on 23 Mar 2021 02:04:](#)

[Grant400 wrote on 23 Mar 2021 02:02:](#)

Uh oh...I'm feeling that feeling. C'mon you messed up nd saw things you haven't in almost a half year. You should probably just click I fell. Back to 0! You may as well enjoy tonight...

In that case there is no question you should just call it a slip and move on!

Hatzlocha!

Took the words out of my mouth!

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Re: "Just regular movies "
Posted by lionking - 23 Mar 2021 03:06

Grant,

From the little I know about you, I would recommend you just move on. Try to distract yourself from the whole situation and keep going. Maybe write another chapter to keep your mind occupied. Don't dwell on whether it is a fall or not.

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Re: "Just regular movies "
Posted by Grant400 - 23 Mar 2021 13:26

So here is my final decision. Last night I was twisting and turning for hours. The animal in me was begging for another feeding, yet I refused to give in and pick up my phone with explicit intent to browse garbage. It's not who I am anymore, and I know it will cause more pain than pleasure. This showed me that if even after 12 excruciating hours I didn't give in, then I still was in my "streak".

Why? Because yes, I looked at disgusting images with drool dripping down my chin. I became a gibbering fool in the hands of some 18 year old piece of horrid refuse, but that was only after I had a taste and couldn't refuse more. Just as when we walk in the street and sometimes our eyes catch a sight and unfortunately it follows, even when the rest of the day we controlled them. Sometimes when it's in front of us (me) there is almost no bechira.

Granted, I was the one who put myself in the situation, but it didn't come from a lack of control or the decision to go look, I had a reason. I won't be a fool and swear there was no excitement about "what if there is a problem" but that wasn't the driving force. That wasn't what led me to search. That wouldn't be enough at all. I proved this to myself last night and right now. The desire is burning but I am not reckoning with it (so far).

So my streak of not giving in to my desire for these things, and to go and indulge for the sake of indulgence exclusively. Continues.

I know that I probably have negius, and some of you are thinking while you read this "who's this

guy fooling" but for me this is a real step. To be able to close it and not go back for more, even while feeling upset and disgusting, even after pumping things into a head that didn't experience anything close to this in almost a half year, is a sign that I didn't lose myself completely.

I am upset at myself and will come up with a solution to prevent this from happening again. As Sapy mentioned my last fall came from an "innocent" app too. (I was in contact with our very own BHYY who proceeded to assist me how to prevent this in the future from a technology point of view - thank you!) I also will iyh make a taphsic. I committed to making one a few weeks ago but never did.

So I sign off rightfully disgraced but determined, and even slightly proud that I didn't completely relinquish my life to people who don't deserve to be graced with such a term.

Grant

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Re: "Just regular movies "

Posted by Ish MiGrodno - 23 Mar 2021 14:16

Hey R' General,

Can you remove that negative footer "*I had a terrible slip on day 162. This is a reminder for the future.*"

Perhaps replace with somethin' like:

Success is stumbling from failure to failure with no loss of enthusiasm - Winston Churchill

You are waaaayyy too good for negativity....cut yourself some slack; your resilience in the face of this fall just made you - like - 10 times the man you were before.

Smile and be super proud, my dear friend.

IMG

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Re: "Just regular movies "

Posted by wilnevergiveup - 23 Mar 2021 14:24

[Ish MiGrodno wrote on 23 Mar 2021 14:16:](#)

Hey R' General,

Can you remove that negative footer *"I had a terrible slip on day 162. This is a reminder for the future."*

Perhaps replace with somethin' like:

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Smile and be super proud, my dear friend.

IMG

Thanks IMG, I second that, it's gotta go.

Forward march!

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Re: "Just regular movies "
Posted by Grant400 - 23 Mar 2021 19:01

Gevald! Today is brutal. Fresh images beckon enticingly. I need that signature as a reminder for a little bit. I pray I make it through the day. I am weakening...My grip is just as tight but I'm getting tired...

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Re: "Just regular movies "
Posted by lionking - 23 Mar 2021 19:06

Perhaps it's time to leave go...

If you are gripping tightly on to the images you saw, it will cause problems.

Why don't you read some of the posts you wrote to me and others? You can do this. Don't let me down.

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Re: "Just regular movies "
Posted by Grant400 - 23 Mar 2021 19:10

[lionking wrote on 23 Mar 2021 19:06:](#)

Perhaps it's time to leave go...

If you are gripping tightly on to the images you saw, it will cause problems.

Why don't you read some of the posts you wrote to me and others? You can do this. Don't let me down.

Thanks. I know I gotta just breath. I actually did read old posts, that's how I bh made it through last night...Good to have you as my king your majesty!

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Re: "Just regular movies "
Posted by Zedj - 23 Mar 2021 19:12

[Grant400 wrote on 23 Mar 2021 19:01:](#)

Gevald! Today is brutal. Fresh images beckon enticingly. I need that signature as a reminder for a little bit. I pray I make it through the day. I am weakening...My grip is just as tight but I'm getting tired...

1. I remind myself that it's just a feeling, no matter how much it feels like a need.
2. I remind myself of my feelings after the last time I didn't stay strong. Both, the feeling like garbage and the fact that I realized that the desire for the enjoyment, is greater than the actual enjoyment.
3. I remind myself that every time I act out again can lead me to a more dangerous addiction level, which can eventually cause me to do crazy things to get my fix, and completely take over my brain and life, by causing me to obsess about it every second.
4. I remind myself how all of my davening, learning and mitzvos after will feel horrible and

completely disconnected.

5. I think about having to restart my streak count.

(For married people)

6. I imagine how I will feel around my lovely wife after I spend time fantasizing or ogling other womans bodies, while she mistakenly believes I share that aspect exclusively with her. (It's one of the most horrible feelings in the world).

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Re: "Just regular movies "

Posted by Ish MiGrodno - 23 Mar 2021 19:24

...And another hopefully familiar excerpt from a world-famous author (Chapter 9):

He didn't know how he got sucked into this so deep. Just a short while ago he was a loyal husband and a serious Ben Torah, but slowly things started to unravel. It started with small nips on the internet once again, over time needing more and more, and before he knew it this is where he was holding. He almost felt numb sometimes. Sometimes he felt guilty, and sometimes just plain confused.....He tried to get himself to break it off and stop all this nonsense. But he couldn't. It was just too hard and too tempting. It wasn't just about desire, this was a real relationship he had... He just couldn't let go. All he felt was missing in his marriage, was found with his new friend. He felt fulfilled and happy....His palms felt sweaty. His heart pounded in excitement. ...After a moment's hesitation, he decided he was ready too. He clicked the reply button, and started to type....

As a reader and "outsider," the temptation always seems more manageable, the flame more suppressible.

?Hope that this quote makes things easier (not harder)...

IMG

