

"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.

=====

Re: "Just regular movies "

Posted by Eerie - 24 Apr 2023 20:50

My friend, I gotta share a thought. So many times I wonder if my honesty on the forum is something that causes people to disrespect me. I know, I shouldn't care what people think, but at this point in my life I still do (until we open a guard your ego or something along those lines). I don't know you, but I read your posts and I have such respect for you. And my respect just went through the roof. My friend, hats off to you. Beautiful, and wonderfully, brutally, honest. Thank you.

And I'm sure you'll always fight! Keep trucking!

=====

Re: "Just regular movies "

Posted by Grant400 - 28 May 2023 20:22

Struggling like crazy the past few days. My mind is going ballistic, reminding me of what a plethora of pleasure there is to be so easily had. Pathetic excuses keep popping up. I'm at a point where I really feel possessed.

My mind is racing, heart is pounding and my stomach gets cold and tight. For real. I don't know how common this is, but I get real physical symptoms, I've discussed this here before.

Over Yom tov it was easier to resist, obviously my hands were tied regarding most things, but now I'm really suffering and rallying everything I've got to beat this demon. I'm just focusing on putting one foot in front of the other.

Hope to see you on the other side.

=====

Re: "Just regular movies "

Posted by Foolie - 28 May 2023 20:34

If you need to talk to someone you can always DM me. Despite the fact that we don't really know each other

=====

Re: "Just regular movies "

Posted by willdoit - 28 May 2023 20:41

[Grant400 wrote on 28 May 2023 20:22:](#)

Struggling like crazy the past few days. My mind is going ballistic, reminding me of what a plethora of pleasure there is to be so easily had. Pathetic excuses keep popping up. I'm at a point where I really feel possessed.

My mind is racing, heart is pounding and my stomach gets cold and tight. For real. I don't know how common this is, but I get real physical symptoms, I've discussed this here before.

Over Yom tov it was easier to resist, obviously my hands were tied regarding most things, but now I'm really suffering and rallying everything I've got to beat this demon. I'm just focusing on putting one foot in front of the other.

Hope to see you on the other side.

Ouch!! I feel ya, really do. It sucks out every bit of power left within us..

However, pls keep on fighting, you did it in the past and will do it now too.

now isn't the time for any debating.. u just need to reach out to someone live or/and make use of ur toolbox.

=====
=====

Re: "Just regular movies "

Posted by dim12 - 28 May 2023 22:46

PLEASE KEEP IT UP !!!!!!!!!!!!!!!!

=====
=====

Re: "Just regular movies "

Posted by true_self - 28 May 2023 23:47

[Grant400 wrote on 28 May 2023 20:22:](#)

Struggling like crazy the past few days. My mind is going ballistic, reminding me of what a plethora of pleasure there is to be so easily had. Pathetic excuses keep popping up. I'm at a point where I really feel possessed.

My mind is racing, heart is pounding and my stomach gets cold and tight. For real. I don't know how common this is, but I get real physical symptoms, I've discussed this here before.

Over Yom tov it was easier to resist, obviously my hands were tied regarding most things, but now I'm really suffering and rallying everything I've got to beat this demon. I'm just focusing on putting one foot in front of the other.

Hope to see you on the other side.

Dear Grant!

You are an example for all of us here we look up to you and respect you tons, even though I don't know who you are in real life.

Think to yourself about what you wrote to be mechazek others when they were in tough situations.

Hashem believes in you, he trusts you that you can handle it the right way.

Keep going we are all here for you!!!

Hoping for your best!

True self.

=====

Re: "Just regular movies "

Posted by Eerie - 29 May 2023 00:24

My dear friend Grant, who always knows exactly what to say and how to say it, the person who has inspired so many of us with his thoughtful, insightful words, I feel for you! Anything I will say you already know, all I'll say is reach out. We are here for you, there are wonderful, helpful friends waiting to hear from you and be there for you. It works, my friend. No need to go this alone....Keep sharing, and trucking:)

=====

Re: "Just regular movies "

Posted by EccentricComposer - 29 May 2023 00:33

Grant, thanks so much for the chizzuk you give me, hopefully I can reciprocate!

=====

Re: "Just regular movies "

Posted by dovberyl - 29 May 2023 01:04

[willdoit wrote on 28 May 2023 20:41:](#)

[Grant400 wrote on 28 May 2023 20:22:](#)

Struggling like crazy the past few days. My mind is going ballistic, reminding me of what a plethora of pleasure there is to be so easily had. Pathetic excuses keep popping up. I'm at a point where I really feel possessed.

My mind is racing, heart is pounding and my stomach gets cold and tight. For real. I don't know how common this is, but I get real physical symptoms, I've discussed this here before.

Over Yom tov it was easier to resist, obviously my hands were tied regarding most things, but now I'm really suffering and rallying everything I've got to beat this demon. I'm just focusing on putting one foot in front of the other.

Hope to see you on the other side.

Ouch!! I feel ya, really do. It sucks out every bit of power left within us..

However, pls keep on fighting, you did it in the past and will do it now too.

now isn't the time for any debating.. u just need to reach out to someone live or/and make use of ur toolbox.

Thank you so much for your candidness Grant. Your lines are sharp and enlightening, but ????.
????? ??? ??????. Thank you for letting us in and telling us how it is today. Each day someone else has something aching and each day someone can help pick the other one up. I can relate to some physical symptoms- I think more breathing related, tightness in the chest etc., but it feels good to know that others also face "real" symptoms. You are a chizzuk, but I am happy you don't feel the need to always have something "smart" to say. Just say it like it is.

=====

Re: "Just regular movies "

Posted by Grant400 - 29 May 2023 01:33

Thank you all for your responses. It's greatly appreciated and helps alot!

B"H as of now doing much better, it comes and goes, but hoping it lasts.

I'm continuing to use all the methods and strategies, I've learned and implemented.

I have faith in myself.

=====

Re: "Just regular movies "

Posted by chaimoigen - 29 May 2023 04:16

I don't think I have any business saying anything in your presence, Grant. But, for whatever my two cents are worth, to me, watching you in "real time" is a mussar sefer worth more than almost any I have ever encountered. Hang in there, you've got more than almost anyone I've met.

The strength you muster isn't just for yourself, General, it's also for all of us grunts who are looking up to you, the man on the hilltop, to rally us all.....

=====

Re: "Just regular movies "

Posted by bright - 31 May 2023 20:29

Good for you! Same problem, I had a 90 day streak, and realized I kept on being pulled by movies so I added that IYH will be enough. Just speaking from experience, you will have to find something else you are passionate about/enjoy doing that will fill the hole in you that movies is doing... Behatzlacha, we are here for you.

=====

Re: "Just regular movies "

Posted by Grant400 - 31 May 2023 20:54

[bright wrote on 31 May 2023 20:29:](#)

Good for you! Same problem, I had a 90 day streak, and realized I kept on being pulled by movies so I added that IYH will be enough. Just speaking from experience, you will have to find something else you are passionate about/enjoy doing that will fill the hole in you that movies is doing... Behatzlacha, we are here for you.

Hey, thanks!

My original post was posted about 3 years ago. Since then, I've broken the addiction by keeping the strict guidelines I've written about.

After going cold Turkey for I believe roughly 2 years, the desire for them has decreased by an incredible amount, so I do allow myself to watch super clean movies occasionally. Very occasionally. I very rarely desire to, and even more seldom have something that's 100% guaranteed clean.

I will watch a very, very, clean TV show though, as long as it isn't too exciting. I literally can shut them in middle of episodes because I'm tired or have something to do, when in the past I would binge wildly every night till the next morning.

Once in the last year or so, I got excited about a clean trilogy and immediately made gedarim so I shouldn't fall into the trap again.

Is it the smartest to still dabble, even though they are clean etc? Maybe not, but at this point I really want it in my life, it helps me unwind in a much healthier way than in the past, and I feel confident enough in these tried and tested precautions.

I do hope and plan to one day have the strength and courage to completely remove it from my life.

ODAAT.

=====
=====

Re: "Just regular movies "

Posted by bright - 31 May 2023 21:09

Thanks! I didn't realize how long ago I came to give Chizuk and ended up getting bu lilamed venimtze lumad Keep shteiging and being an inspiration. Did you find what I posted to be true

=====
=====