

Hello

Posted by ibzechaekr - 31 Mar 2023 13:07

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Hi! B"H i am right now 92 days clean, which is crazy! I have had problems with texts and images, but I think this is the opportunity to break free of it forever. So, after I got rid of these „real“ problems, I now want to turn my attention to YouTube. I want to: 1) get my daily consume to under 1 hour 2) get rid of YouTube Shorts completely, which sometimes shows... not that appropriate pictures.

does someone have tips? Thanks in advance!

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Re: Hello

Posted by monseyid41 - 31 Mar 2023 13:48

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Mazel Tov on completing your 90 days! This is a tremendous milestone. I think you're absolutely right to try and take it to the next level. As many of us can attest, YouTube is an absolute killer. I think its harm lies in the fact that there is so much there that can be labeled "innocent" but as we all know, one thing easily leads to another. I'm just wondering (not criticizing) why not try to make a clean break and aim to go off YouTube completely? You will find that you suddenly have time for long-neglected important things once you're not sitting in front of the screen. I wish you all the best and looking forward to hearing you reach 180!

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Re: Hello

Posted by Markz - 31 Mar 2023 14:22

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[ibzechaekr wrote on 31 Mar 2023 13:07:](#)

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Great going.

Monseyyid is right on target.

I have accountability software, which for me is better than filters. And yet the only thing I have blocked is YouTube. For me that's one place I cannot safely browse...

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Re: Hello

Posted by Eerie - 31 Mar 2023 18:40

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Hi! Welcome to the family, my dear friend! Here we are your brothers, we care for you, and we want to hear from you, so please let us know how you are doing. Mazal Tov on your major accomplishments so far! Stick around, there are wonderful chevra here, and keep posting. And of course, Keep trucking!

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Re: Hello

Posted by doingtshuva - 02 Apr 2023 00:27

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[ibzechaekr wrote on 31 Mar 2023 13:07:](#)

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Mazel tov for reaching 90

Basically youtube is for me a very bad place.

Nativ USA has an option for monitored YouTube.

You can call them for more info

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Re: Hello

Posted by Horizon - 02 Apr 2023 03:21

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hello and welcome!

mazal tov on your major accomplishments, and good job not being complacent w what you achieved, rather moving on in the right direction and continuing to grow.

please continue to inspire us.

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Re: Hello

Posted by maxzh - 03 Apr 2023 02:17

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Congratulations on being 92 days clean! It's great that you want to tackle your YouTube usage next. Here are some tips that may be helpful:

1. Set a time limit: Decide on a specific amount of time that you want to spend on YouTube per day, and stick to it. Use a timer or an app that can help you monitor your usage.
2. Take breaks: Take breaks from YouTube throughout the day. Engage in other activities, like exercise or spending time outdoors, to give your mind a break from the screen.
3. Avoid triggers: Identify what may trigger your desire to spend more time on YouTube and try to avoid them. For example, don't watch YouTube before bed, or don't watch content that you know will lead you down a rabbit hole.

4. Block inappropriate content: Use YouTube's settings to block inappropriate content or use a content filter to ensure that you're not exposed to anything that could trigger you.

5. Hold yourself accountable: Share your goals with someone you trust and ask them to hold you accountable for sticking to your goals.

Remember that breaking any habit takes time and effort. Be patient with yourself and celebrate your progress along the way. Good luck!

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Re: Hello

Posted by ibzechaekr - 17 Apr 2023 14:25

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Short update: 2 things happened: 1. Had several slips, clicking on something and then instantly closing which is good because I AM IN CONTROL, and bad because this could lead to falls.

2. went on one of my old usual websites and was extremely close to falling, but successfully used SOBER to analyze myself and not fall, which was very uplifting. I have blocked YouTube completely, and now watch 30 minutes of a show (kosher of course) a day, which helps, because I know exactly when to stop.

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Re: Hello

Posted by Eerie - 17 Apr 2023 23:04

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Amazing! Keep inspiring!

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Re: Hello

Posted by ibzechaekr - 20 Apr 2023 04:16

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Well, I now revised my plan, and set my GYE tracker to zero again. I have now added a few

more restrictions, and because I want to be stringent, and I know that I have been viewing ...  
questionable things, I want to start the next step. From Zero

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