

seeking help again i guess

Posted by truthaintflashy - 21 Oct 2023 17:35

bs"d

Shalom to all

I was on this website years ago when I was still struggling with P&M in a bigger way...b"h I haven't had a conscious fall in quite a while [~4-5 years, lost track] by the standard of the wall back then. But I still have some addictive patterns. I play games online, I compulsively read social media [without naming the site] that puts inappropriate content in close reach even if I haven't reached for it. Plus often enough without seeking it I see things I shouldn't be seeing. What doesn't help is that I live right now in a context where the computer I use isn't mine to get rid of, put filters on, etc. Really I should find a way to move out of this place (based on what I've heard that living with such a device is yehareg v'al yaavor). Meanwhile I've tried several times to stop doing the things I feel guilty about doing and haven't managed to stop, so here I am again. With P&M I had to fall and get back up quite a few times, so it's not like I'm surprised.

Anyhow the Flight to Freedom thing is new so I'm going through that. The simple advice at the beginning, that it makes sense to be angry when something's compelling me into places I don't want to go, strikes a chord.

Wishing joy and great success to everyone in their journey.

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Re: seeking help again i guess

Posted by truthaintflashy - 18 Sep 2024 14:04

having technical difficulties uploading the beard as an avatar..

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Re: seeking help again i guess

Posted by chosemyshem - 18 Sep 2024 14:19

[truthaintflashy wrote on 18 Sep 2024 13:57:](#)

You know filter-poking? Well I've been doing some conscience-poking...managed to refute all the "loopholes" to fantasy but got kinda worked up today and yesterday. b"h I'm in the habit of letting it pass without doing anything, but the inner garments of my soul are a mess, and I did less of the positive things I like to do, maybe because of this.

60th post -- *ben shishim lezikna* -- maybe I should draw a beard on the cat

Good call about the cat-beard. That way no one will confuse you with a crazy cat lady.

Fantasy is insidious and pernicious (great word btw). A good idea is to not get hung up on what comes into your head, and to immediately distract yourself. But once it gets a foothold it can be like digging a worm out of your brain with a rusty spoon. Keep on crushing it!

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Re: seeking help again i guess

Posted by Markz - 18 Sep 2024 20:43

[truthaintflashy wrote on 18 Sep 2024 14:04:](#)

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