

Sick and tired

Posted by iwantlife - 16 Feb 2024 20:28

Hi everyone! I've been lurking on the forums for a few weeks now, but I think it's time for me to finally post here. I was inspired by many of your stories here, nodding my head when I felt like I was reading about my own struggle, and shaking it as I read things that made my story pale in comparison. I've held off writing anything publicly, for I have a deep (perhaps unreasonable) fear of being identified. Ultimately though, I think posting here will help me, so here goes.

I'm in my thirties, B"H happily married with a few kids. I learned in the standard yeshivish yeshivas, then in kollel for around 10 years before leaving to go to work. Since I was around 12, when there was internet w/o filters, I've struggled with P & M. My go-to method for the past 20 years always involved heavy reliance on filters, which usually meant I was clean till I found a weak link (there always is one), or got my hands on an unfiltered device. This lead to a lot of despair, which lead to more watching.. you know the drill. Years of watching with no end in sight. Recently, I became aware of the **habit** aspect of watching P, and started to notice my triggers. It's almost always a way to escape stress, and could be something as 'stressful' as not getting enough sleep the night before.

Then I found GYE. I started the Flight to Freedom, only watched the videos w/o doing the work, which initially helped, then led to complacency, then a fall. So I went back to the beginning, and I'm determined to do the program properly. I'm hoping to get chizzuk from fellow GYERs this time around as well. I also would love to get some input on the best way to approach filters. If all devices were filtered and filters were foolproof, I wouldn't be posting here today. My job, (like most in 2024) has me using a computer for many hours of the day. Although I have a good filter (Gentech) as well as accountability (Webchaver), while they slow me down, If I'm determined I can get around both of them. That leaves me with a speed bump at best. Which means I need to work on myself so that slowing myself down does the trick? I'm a bit lost, and would love to hear your thoughts.

Though my story is pretty standard, and many of you here have climbed much taller mountains, for me this is my Everest, and still feels insurmountable. One thing I know though (and I must've told myself this 1000 times), I'm sick and tired of falling, and I want life!

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Re: Sick and tired

Posted by vehkam - 13 Nov 2024 04:27

Board games?

Learn a new skill.

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Re: Sick and tired

Posted by iwantlife - 13 Nov 2024 04:29

Again with the learning. I'm looking to avoid thinking too hard here. I think hard all day..

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Re: Sick and tired

Posted by vehkam - 13 Nov 2024 04:39

If I don't want to think I use music.

When breaking free, I found any other type of "kosher" entertainment took me in the wrong direction.

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Re: Sick and tired

Posted by proudyungerman - 13 Nov 2024 04:42

If I am off mark, please excuse me. (It's a good article anyway...)

This back and forth reminded me of the following [powerful article](#).

What does relaxation look like for you?

What are you trying to get out of it?

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Re: Sick and tired

Posted by iwantlife - 13 Nov 2024 04:47

[vehkam wrote on 13 Nov 2024 04:39:](#)

If I don't want to think I use music.

When breaking free, I found any other type of "kosher" entertainment took me in the wrong direction.

I agree. I'm also well aware of R' Chaim(oigen's) groundbreaking shtickel in stencils about "The Posture of Pornography" . It's a madreigah; right now I'm trying to walk the tightrope, and avoid my previous other outlets like YouTube and non-jewish music (emphasis on music).

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Re: Sick and tired

Posted by iwantlife - 13 Nov 2024 04:49

[proudyungerman wrote on 13 Nov 2024 04:42:](#)

If I am off mark, please excuse me. (It's a good article anyway...)

This back and forth reminded me of the following [powerful article](#).

What does relaxation look like for you?

What are you trying to get out of it?

Ah I see proudyungerman beat me to it. Yes, I'm fully aware of this yesod, I'm just not there yet.

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Re: Sick and tired

Posted by vehkam - 13 Nov 2024 04:56

One step at a time! You have to find what works for you.

That is a fantastic article and very similar to my experience.

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Re: Sick and tired

Posted by rebakiva - 13 Nov 2024 04:59

How about reading a nice story, like something about YKW transforming PY into a zombie ???

Think that can work wonders.

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Re: Sick and tired

Posted by odyossefchai - 13 Nov 2024 11:11

Get into cooking and baking.

I'm a sourdough geek/nerd. (And a geek/nerd in just about everything else!!!)

Great for relaxing the brain!

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Re: Sick and tired

Posted by BenHashemBH - 13 Nov 2024 14:14

How about Jewish history, or Meam Loez on Nach (also Jewish history lol)?

Maybe that would be more relaxing because it's like reading a story.

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Re: Sick and tired

Posted by iwantlife - 13 Nov 2024 14:51

Hmm that does sound like more relaxing 'work'. Maybe. Though my wife makes the sourdough in my house. Then again, I was thinking I would love to make my own beef jerky..

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Re: Sick and tired

Posted by iwantlife - 13 Nov 2024 14:56

I do like history. That's a good idea. And I started Nach soo many times lol. Actually made it to shoftim.

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Re: Sick and tired

Posted by wantingbetter - 13 Nov 2024 16:42

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Re: Sick and tired

Posted by wantingbetter - 13 Nov 2024 16:43

[odyossefchai wrote on 13 Nov 2024 11:11:](#)

Get into cooking and baking.

I'm a sourdough geek/nerd. (And a geek/nerd in just about everything else!!!)

Great for relaxing the brain!

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Just bursted out laughing in my office....