

My struggles

Posted by chassidishebochur - 28 Jun 2024 01:36

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I've been around for a little bit, figured i might as well post...

Throughout my years in yeshiva I've struggled with M. I had a fall a few times a year, not very often, but it was an issue nonetheless.

In yeshiva I didn't really have access to P, even when not in yeshiva I tried to stay away from computer use in general. Once as a 13 y/o my parents caught me searching something inappropriate and gave me the GYE handbook. I think I was too young for it then but at because of that I know about GYE... at any rate it was a one time thing and not a recurring issue, and it also wasn't anything "hardcore".

Recently though it has become more of an issue. I started acting out much more often (at least once every two weeks, sometimes more often) and also started finding more inappropriate content on the computer. I have an issue with excessive computer use in general, not necessarily bad things, and that definitely doesn't help...

I don't have an unfiltered device but 1. no filter is absolutely perfect (to the best of my knowledge), I've found a few loopholes on some very good filters, 2. I occasionally have access to unfiltered devices.

When a specific device became an issue for me I started telling a friend when and why I was using the computer, and afterwards I would send him a picture of my history. That worked for about 8 months but recently I've been going through a hard time and I fell, and once I broke the hachlata it is very hard to restart.

I'm going to camp soon, where I hope to be offline the whole time (hopefully a good detox), but until then I have access to said unfiltered computer. I hope I will make it clean until then, but it will be hard...

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Re: My struggles

Posted by Heeling - 28 Jun 2024 01:46

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Wow! The courage it takes to write such a post! Amazing! Thank you so much for reaching out, you did yourself such a huge favor and for some reason, your post and especially your username give me a lot of chizuk.

I commend your parents for giving you that handbook, I think that makes them special and I commend you for being so vulnerable to a friend about your struggles.

You've come to the right place, dear brother. We are here for you, please don't hesitate to post any time, no post to small. Reach out to those you feel you can connect with,

Wishing you all the best,

Heeling,

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Re: My struggles

Posted by Captain - 28 Jun 2024 11:53

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Welcome! It's great you had the courage to share your story

It seems from your story that there's no way to filter the computer. Perhaps you could accept on yourself not to go on it until camp, and tell your friend about this commitment.

Also please check out this great ebook/book The Battle of The Generation. Very motivational and it uses only clean language so it's good for where you're holding. You can download it from

the link below in my signature or buy on Amazon.

Hatzlocha!

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Re: My struggles

Posted by chassidishebochur - 28 Jun 2024 15:27

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Thanks

It did take some courage to discuss it with my friend, but as I mentioned I struggle in general with computer use, and that's sort of out in the open. So when I told him I have an issue with a computer I don't think it was an earth-shattering revelation. I didn't get into details. I also didn't tell him about my fall, I'll have to think about if and how to do that. Hopefully after the summer I will be able to make a better arrangement.

I'm going offline now for the summer so I won't be able to post anything, but IYH I'll be back after to share how it went.

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Re: My struggles

Posted by shimmys - 30 Jun 2024 03:48

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For me personally if I have an unfiltered device im watching automatically. Maybe not that day or the next but definitely will happen. The only thing that works for me (and prob lots of others) is to go to tag and figure out the best filters.They have good filters to offer

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Re: My struggles

Posted by eerie - 30 Jun 2024 17:57

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[shimmys wrote on 30 Jun 2024 03:48:](#)

For me personally if I have an unfiltered device im watching automatically. Maybe not that day or the next but definitely will happen. The only thing that works for me (**and prob lots of others**) is to go to tag and figure out the best filters.They have good filters to offer

For basically all of mankind

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Re: My struggles

Posted by chassidishebochur - 01 Nov 2024 04:13

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I've been gone for a while, but I think it's about time to come back...

BH the summer was great as planned. Two solid months completely clean. I no longer hold that streak, but it was an amazing experience. Despite a few falls, I had a solid Elul zman in Yeshiva, I learned significantly better than I have in a very long time. I hope it continues that way...

Shimmys and eerie, obviously I understand the need to have a filter. Maybe I didn't make this clear enough, but I can't filter the computer because it doesn't belong to me. But I can use it practically whenever I want.

I got myself my own computer which is filtered. It has the negative side effect of more time wasted, but I think (and I've discussed it with others who agree) that it's better than using an unfiltered computer ostensibly only "whenever needed" and then end up falling.

Also, as I mentioned, filters unfortunately aren't perfect and I've already found problematic websites and fell. I've blocked all of those websites, but I'm sure there are many more and I can't block them until I know about them, which basically means after another fall (it is a very hard nisayon to block the website after realizing it's problematic without first "looking around").

The other problem is that I still find excuses to use the unfiltered computer, which almost

inevitably leads to a fall (I'm actually posting from it now, I came on this website after a slip-up) and I need to find a mechanism to stop myself from using it at all.

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Re: My struggles

Posted by rebakiva - 01 Nov 2024 05:01

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Hey why don't you try accountability method, it works like this:

Any time you have a urge or even a valid reason to use a unfiltered device, you first call or text your mentor {sure hope you have one like HHM, or MUTTEL, or EERIE, if you need davka Yiddish speaking, I'm available at anytime see my info below in my signature} and tell him that you need to use the unfiltered device for this and this amount of time, then as soon as your done you call or text your mentor again and let him know that you're done and if you had any falls.

It's a awesome method helped countless people.

But most of all mazel tov on your camp streak, keep your focus on the good streaks not on the falls, and you'll get out of this altogether pretty fast

Hatzlacha raba with love rebakiva

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Re: My struggles

Posted by gyefeller - 01 Nov 2024 05:06

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first of all great job on those TWO months!

i also have that issue, all the devices in my house are unfiltered so i got my own and filtered it but as you said there is a drawback of more time wasted.

@rebakiva i like that accountability idea

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