

Response help

Posted by yolk - 20 Apr 2025 18:59

---

Shalom. Lately ive been very successful at not falling for triggers like tiredness or boredom. I feel like im building a very strong habit in that. I have been falling when some form of sexual content appears before me. Who has tips for how I should approach what I see in front of me? How can I consistently build a strong habit not to fall deeper into a rabbit hole of sexual content when it's brought in front of me? Id love to hear tips, I have a filtered device.

=====

Re: Response help

Posted by fdtgd8 - 20 Apr 2025 20:34

---

Hey it's a good question,

The way I see it, you have to work on 2 things:

On one hand you have to **build the strength and confidence** to be able to stay clean and not "fall into a rabbit hole" when you are exposed against your will. Keep telling your self, "HaShem will give me the strength to get over this" and similar positive thoughts/affirmations

on the other hand you have to **put more effort into blocking out the inappropriate content that you are able to avoid. Consciously acknowledge, and hastily eliminate any gaps in your filter.** Strengthen your filter, change settings, delete apps, stubbornly avoid problem areas & people. Basically reassess your physical, and digital environment and take decisive action to eliminate problematic exposure.

Make sure to **celebrate any step you take in the right direction**, it will give you strength to go further.

Hatzlacha

=====

====