

Starting for over hundredth time

Posted by chizuk613613613 - 13 May 2025 15:07

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I have been on here for 2 to 3 years, I have posted from time to time, and have a small thread and BB corner. I am hoping to really get out of things and hope that this will all be part of it.

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in short, for the time I have, I didn't grow up religious, obviously exposed to everything out there, became from 13/14 and stopped with M and P. But still Struggled whenever on the Internet with looking at inappropriate pictures. It wasn't like I started off like that, but it would be searching around, looking at the news, some thing caught my eye and I ended up looking at all different things. By the time I was 17 I was getting into learning a lot more and really wanted to break out of this. I stopped using Internet pretty much entirely. That was the solution and it was amazing. Afterwords I was in Israel and again everything was great. Got married my wife used Internet without filter and I wasn't able to change that, but for the first few years I avoided using it entirely. But then one thing led to the next started with downloading. By the time I was 17 I was getting into learning a lot more and really wanted to break out of this. I stopped using Internet pretty much entirely. That was the solution and it was amazing. Afterwards, I was in Israel and again everything was great. Got married my wife used Internet without filter and I wasn't able to change that, but for the first few years I avoided using it entirely. But then one thing led to the next started with downloading shiurim then, getting email, then using it to look into information. And then got back into old habits. Due to different struggles in marriage there were times that I would look up information with images blocked but still ended up seeing things from time to time. This has been going on for almost 10 years. Over the years I have significantly upgraded filters which has been a big help. Also, this website has been a big help. Also being in touch with HHM for an hour two years and having him for accountability has been a big help. I am trying to reach out to more people recently which I also feel helpful. Another thing is trying to have solid learning every day. Staying connected. Another thing is limited usage of the Internet. I've got my Internet off in the evenings because I find when I am tired and relaxing with the Internet it's very dangerous.

Another thing is trying to have solid learning every day. Staying connected. Another thing is the needed usage of the Internet. I've got my Internet off in the evenings because I find when I am tired and relaxing with the Internet it's very dangerous.

After all this, I still have ups and downs sometimes within the same week. Either typing in words to see what search bar will show. Or on the shopping site and typing and things to see what it will show or if you can find anything. Similar if I got access to anything with the stock photo images. I have times where I am very strong and avoid any site that I could risk getting into trouble, But there are times that due to circumstantial situation I have a need or I think I have a need and then I get Lax in being careful as needed. Also, there are times where if I really wanna

get into trouble it's not hard with whatever limited access I have. Yes I have trouble but it's not enough.

I hope that posting here in the more public way will help me move forward with stopping.

also hope and daven the zechus of helping others along the way of my posting will provide the siyata dishmaya to make it as well.

I am making a goal that between now and shavuos I should be clean of any searching for trouble.

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Re: Starting for over hundredth time  
Posted by tnl613 - 26 Jun 2025 17:52

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Re: Starting for over hundredth time  
Posted by chizuk613613613 - 03 Jul 2025 16:23

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Was just couple min but clicked on site developer link and saw samples of their sites trying to see things. BH for filter but did see drop of pritzus and was searching with being prepared to try and see the worst r"l.

I stopped. But this keeps on happening.

was almost not going to post because I feel like I've lost that positive momentum of sharing success. Sharing every week that I'm still falling back towards bad behaviors I am not sure how that's going to help me get back up again

more for the bb corner but it's very hard when married without pas besalo and I'm not getting into details here but no it's not connected to things I'm doing etc... . Can see other posts of mine for clarification.

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Re: Starting for over hundredth time  
Posted by chizuk613613613 - 03 Jul 2025 22:47

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Much worse. Was on site with so image generator and searched and found couple pornography images. Site is blocked. This is bad and dangerous. I need to stop

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Re: Starting for over hundredth time  
Posted by chizuk613613613 - 06 Jul 2025 16:00

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This morning similar when looking for site how to draw things. Was trying find aight geared for kids because I knew the risks but still tried a link to one for all ages and... .

reached out to others and have two things.

one is reaching out to others either on here, email, text for chizuk before falling. Anyone who'd like to help can email me at [jeu613613613@gmail.com](mailto:jeu613613613@gmail.com)

second is daily learning something for chizuk. Every single day

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Re: Starting for over hundredth time  
Posted by chizuk613613613 - 06 Jul 2025 16:02

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I also need to return to minimizing time and days on here. When limited it's good. When daily and multiple times it can become source of stimulation and waist of time. Will be back on Tuesday or Wednesday bn. To hear from me earlier feel free to email at [jew613613613@gmail.com](mailto:jew613613613@gmail.com)

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Re: Starting for over hundredth time  
Posted by chizuk613613613 - 18 Jul 2025 22:09

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Beginning of week great bH. Middle of week intentionally looked at something ordered for very triggering. Then drifting back and forth. Reached out to few people helped a bit but still... . BH since this morning been solid bH. Looking forward to rejuvenate from shabbos kodesh.

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