

no progress anymore

Posted by jonathan_123 - 25 Aug 2025 16:54

Hey everyone,

it is my first post in this community. I have been struggling like 3 to 4 years now with m and p and I tried to fix it and made some decent progress, just the last months I am stuck. Sometimes I had a streak of 2 weeks or 3 but not more then that. I decided to at first quit p and afterward concern myself about m. But the last weeks I failed like 2 times every week and everytime when I watched p I watched it for hours. Since I have a filter I can't enter it through the sides, rather I download a certain app to watch it on. So I tried to block the app with an app blocker, but I just could deinstall and reinstall the app and then the appblocker didn't blocked the app anymore. So currently I am blocking the google play store, with an app called AppBlock, but the thing is, there is a delay of some seconds until the appstore is blocked and during this time I can install this app and then watch p... I tried different appblocker too but it was always the same with the delay. Maybe anyone has a suggestion how to solve this issue?

I am just really desperate to get over with p because when I watch it, I watch it for hours and afterward I really feel wasted. Soon I am going to turn 19 and it is really a burden, because it also effects my studies and I want to keep me for my future wife, and not wasting me for any random women on the internet, because I know that p and m can have serious effects on ones future marriage...

I am happy of every anserwer I get. Thank you to everyone!

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Re: no progress anymore

Posted by keepmekadosh - 25 Aug 2025 17:56

We are here for you buddy. Here is a hug!

Are you in yeshiva or are you working? Why do you need a smart phone? or any device with internet?

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Re: no progress anymore

Posted by jonathan_123 - 25 Aug 2025 18:10

Thank you for your answer!

So basically I am not in Yeshiwa or working. My family isn't religious (but my mother is jewish...) so, I didn't grew up religious and with little Judaism, but like 5 years ago I had interest in my roots and became more and more observant... and after the summer break I am going to continue my last year of highschool (I have 13th years of school) and it is a non jewish highschool, so I need a device with internet for school and for doing tasks at home.

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Re: no progress anymore

Posted by hashemisonmyside - 25 Aug 2025 18:23

wow!

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Re: no progress anymore

Posted by puppy - 25 Aug 2025 18:30

Hay jonathan_123 welcome!

Here a warm hand

We got here a real tzaddik, someone who wants to be closer to Hashem even if his family is not religious, wow, wow!!

You seems to be a fighter, buddy

Keep posting & connect,

looking forward to see you grow

With love

Puupy

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Re: no progress anymore
Posted by spaced - 25 Aug 2025 19:52

I had a similar problem. What worked is a combo of accountability software that informs people you trust if you looked at stuff AND also MDM device management. I forgot where I found the guide but I managed to make my old smartphone a kosherphone.

Also works is BlockerHero. If you need more help, I can assist in setting up as I have a ton of experience trying to beat filters haha so I know the loopholes (though sometimes I find others again when I lose self-control then I patch it up afterwards).

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Re: no progress anymore
Posted by kavey - 25 Aug 2025 20:04

Maybe also reach out to TAG tag.org/

Phones are a particularly pernicious attacker in getting us to fall since they are always with us.

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Re: no progress anymore
Posted by davidt - 25 Aug 2025 20:23

Welcome to the community. That cycle of making progress then getting stuck is something a lot of people here understand - especially the binging for hours afterward that leaves you feeling completely drained.

Your technical setup shows you're taking this seriously, but you've hit on the main problem with app blockers - our brains get incredibly creative at finding workarounds when the urge is strong. Those few seconds of delay you mentioned are all it takes.

Instead of trying to block things after the fact, you might need someone else to set up the restrictions with passwords you don't know. Or look into router-level filtering that blocks at the network level. Some people use accountability software that screenshots everything and sends reports to someone else.

But the bigger issue might be the combination of lots of free time plus not having a supportive community around you. Coming into observance on your own over the past 5 years is meaningful, but it also means you're figuring this out without the usual support systems.

When you had those 2-3 week streaks, what was different? More structure, less boredom, something else? Understanding what worked before might help you recreate those conditions.

Your concern about your future marriage shows you understand what's at stake. The fact that you're reaching out instead of just struggling alone is already a step forward.

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Re: no progress anymore

Posted by pomegranate - 25 Aug 2025 21:00

Wow, I really respect the decisions you're making and the effort you're putting in. I hope you feel welcome here because we are a community who keep getting up again no matter how many times we fall. I'm sure you'll get good advice here as well but even if there wouldn't be any practical solutions, the support we give each other help us to keep making progress even though it can be hard to see.

Best wishes on your journey and hoping that it goes smoothly.

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Re: no progress anymore

Posted by stopsurvivingstartliving - 25 Aug 2025 21:33

PM me I may be able to help you filter your phone. If you can't PM me because your a new user then you can email me (my emails in my signature).

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Re: no progress anymore
Posted by progressivecheetah29 - 25 Aug 2025 23:52

Interesting I had issues with my filter so I installed the appblock app to patch up some loopholes from my filter and it really helps they have a few options to make it very strict

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Re: no progress anymore
Posted by jonathan_123 - Yesterday 18:49

Thanks for the welcome and all the replays and messages!

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Re: no progress anymore
Posted by hashemisonmyside - Yesterday 19:33

did you arrive in Eretz Hakodesh?

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