When i discovered an important root of my problem
Posted by binyamin43 - 04 Oct 2012 12:30

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Hi All

It is now 9 months beeing clean with very few slips. Thanks to GYE.
It is still difficult to know that once we fell into p**n addiction, we are more risky to fall again. I dream of beliving that i can get rid of it forever, but...no...sometimes lust just come back and i must deal with it. it is far more easier than when it was an addiction and i could not do anything but surrender to the lust...but i feel the danger.

Well, in this post i wanted to share a very important finding about myself.
I discovered that forcing myself to deal with details led me in "empty holes" in head and then automatically to p**n.
Actually it is huge problem, because my job is : computer developer. and i must spend countless hours in front of my computer.

But, it is not the computer itself which is the root of the problem but the persistence of the programming task in my head.
This led me to think again and again about the task during shabbes- like in Modern Times by Charlie Chaplin.

The more i struggle to solve the compiler issues the more my mind wants to escape it and lust is a perfect candidate.
I could find that stopping programming and doing more creative task truly reduced the lust.

Hope it may help someone
Y.T

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Re: When i discovered an important root of my problem
Posted by avi4853 - 02 Dec 2012 01:39

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I feel the same way about college work. If I have a paper or a test that I need to work on Motzai Shabbos, I often find miyself obsessing about it, and feeling myself becoming anxious. I found that the best thing I can do at that point is to throw myself into learning, spending time with friends, singing zmiros, davening, or just going for a nice, long walk to clear my mind. Often, before I know it, shabbos is over, and I can tackle whatever assignment was causing me angst, without allowing it to ruin my shabbos.

Hatzlacha Rabbah!

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