Special trick that I've learned over 10 years
Posted by gamerJew - 30 Oct 2018 01:43

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Hi,

I find posting here difficult personally but I hope to share a strategy that has helped me.

It's simple. All these years I have acted out online, I have even blocked myself off from whatever site it was (using a blacklist), and I will always find a new site. I have tried to just not use the computer but that isn't sustainable for me.

My new idea is: instead of blocking off one site at a time, I block all sites to myself (bli neder! etc etc) and add categories of sites one by one. Buying and selling sites, my industry related sites, email, music sites, etc etc. I currently keep this list editable, and I consider it not in use if there is someone else in the room or I am in public or something. I pretty much become a lawyer when it comes to this totally unofficial agreement lol.

For me this makes it much much more difficult to find a new site like I used to.

I hope this helps someone else. I have only totally acted out once in 8 months or so and I am really proud of that. I'm just a person, ya know?

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Re: Special trick that I've learned over 10 years
Posted by 360gye - 30 Oct 2018 01:48

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That's a very interesting method. It's thinking out of the box, which is why GYE is great. You have so many different people with different perspectives.

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Re: Special trick that I've learned over 10 years
Posted by mzl - 30 Oct 2018 01:48

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[gamerJew wrote on 30 Oct 2018 01:43](#)**:**

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Re: Special trick that I've learned over 10 years
Posted by Markz - 30 Oct 2018 02:10

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[gamerJew wrote on 09 Jul 2013 17:41](#)**:**

wow guys you're all awesome! i'm running late for work but i'll try to get back to this thread hopefully this evening! thank you all so much for your support!

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Long day it's been...

Nice to see you back

Thanks for the update

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