

Shomer's Journal

Posted by mevakesh - 18 Dec 2008 19:22

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I just wanted to start a new thread here to track my progress.

Today is day 7 and I am doing reasonably well B"H. I have been reading the chizuk e-mails every morning and reading the forum periodically throughout the day.

Will try and stay strong through the weekend and will *bili neder* be on Sunday's support call w/ Elya.

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Link to my original post on GUE [here](#)

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Re: Shomer's Journal

Posted by the.guard - 08 Jan 2009 21:14

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Learning from the falls... that's the name of the game. listen, Jnet has a program that locks you into their server. PLEASE install it. Here's the info:

[www.thefilternet.com](http://www.thefilternet.com) - Client software (that works through jnets servers).

Tel: 718-710-4297

[support@thefilternet.com](mailto:support@thefilternet.com)

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Re: Shomer's Journal

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Posted by mevakesh - 13 Jan 2009 21:47

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Hi GUE,

Thanks for the info! Although I did not go with filternet for a number of reasons, I did come up with an alternate solution.

- 1) I disabled VPN profile that was giving me unrestricted access even over Jnet
- 2) Had my friend install Spectorsoft Pro monitoring software on my PC w/ password protection
- 3) Had him install Spectorsoft e-blaster that provides remote monitoring of my web activity
- 4) Blocked all the questionable sites locally on my PC using e-blaster

Today is day 6 ...

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Re: Shomer's Journal

Posted by the.guard - 13 Jan 2009 22:18

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Wow, that's some serious research and effort you put it. You really have what it takes to be a commander in this battle!

As I am always looking for new ideas for filters to help people, can you send me an e-mail at [eyes.guard@gmail.com](mailto:eyes.guard@gmail.com) with all the info you wrote below, only a bit clearer so that anyone (even not so computer savvy) would know what to do, step by step? Also, if you can write what your exact problems were beforehand (i.e. how you were able to bypass your filters) and how you solved it now... that could be a big help for others. Thanks!

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Re: Shomer's Journal

Posted by mevakesh - 14 Jan 2009 16:27

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Hi,

I sent you and e-mail describing the basics of what I have set up as well as how I have circumvented filters and monitoring software. Please do not publish the workarounds as it may be a shaiyla of *lifnay iyver*.

I believe that I have set up a system for myself that is pretty tamper proof.

I know that I will still need to work recovery diligently, however, as nothing is 100%.

Thanks for all your help!

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Re: Shomer's Journal

Posted by mevakesh - 15 Jan 2009 22:30

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Today is day 8 ...

Thank you GUE for all the invaluable tips/advice/*chizuk* and everything else you do.

At this point I have come to the realization that I cannot do it without a good Internet filtering and monitoring system. The *nissoyon* of having open, unfiltered and unmonitored Internet is just too great. With the help of GUE and a friend, I have set something up that I think that I think that I

can work with. I realize that this is **not** the solution, but just another weapon in the arsenal. But without the right weapons, how can you expect to win a war?

*Chazak Chazak V'Nischazek*

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Re: Shomer's Journal

Posted by battleworn - 18 Jan 2009 11:50

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Having all that clear (and being committed to act accordingly) is more than half way to winning the battle!

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Re: Shomer's Journal

Posted by mevakesh - 19 Jan 2009 14:48

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B"H I made it through the weekend. I know that I could not have done it without the extra protection afforded by the filtering/monitering/jnet that I have set up.

I hope *bezras Hashem* to get to a point where staying clean for the weekend does not come down to having a solid filter, but that is where I am at today, so I will work from where I am.

Today is day 12 ...

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Re: Shomer's Journal

Posted by the.guard - 19 Jan 2009 15:56

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As they say in martial arts. A true warrior is not judged by how strong his sword is, but rather, his power is in his state of mind.

The filter is your sword, and it's important. But like you say, the goal is the state of mind.

Hashem be with you!

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Re: Shomer's Journal

Posted by mevakesh - 20 Jan 2009 15:10

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Today is day 13 ...

*Baruch Hashem* I have been feeling pretty good and have not been gripped with the overwhelming urge to act out. I have been keeping my *sedarim* and getting up for *davening* on time.

I have been feeling some personal pressures as of late but am trying to keep a *gam zu letova* attitude regarding my personal challenges.

Wishing you all much *bracha* and *hatzlocho*

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Re: Shomer's Journal

Posted by the.guard - 20 Jan 2009 16:17

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Tomorrow you hit level 3!

**KUTGW**

(can you figure out what that means?)

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Re: Shomer's Journal

Posted by Ano Nymous - 20 Jan 2009 16:45

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Keep up the good work (2.4 seconds)!! :D

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Re: Shomer's Journal

Posted by mevakesh - 21 Jan 2009 20:51

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Today is day 14 ... the two week mark.

I had an appointment today and was not at work. I arrived home about 20 minutes ago and need to finish some things up before I go to *bais medrash* to learn. I am so glad that I have Jnet installed as well as the filter/monitor. I have been *davening* to *Hashem* for the strength to overcome this terrible *machalah*. It is hard to muster much encouragement, even after two weeks of being clean, because I have been down this road so many times before. Perhaps it is a good thing, though, not to get ahead of myself and focus on the days sobriety rather than what will be next week or next month or after 90 days etc.

May *Hashem* give us all the strength to overcome all our *nesyonos* and actualize the *mishana* in *avos* that states *aizeho giber, hakovesh es yitzro*. Our true strength truly lies in our ability to overcome our own shortcomings.

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Re: Shomer's Journal

Posted by the.guard - 21 Jan 2009 21:22

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Ashrecha! Today's Chizuk e-mail... living in the moment. Keep strong!

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Re: Shomer's Journal

Posted by mevakesh - 22 Jan 2009 16:15

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Today is day 15.

Into my 3rd week and B"H things are going pretty well. No particularly strong urges to act out today.

I really appreciate all the encouragement and support this forum provides.

GUE, you are a *mezakeh es ha'rabim* so that means that the *zechus ha'rabim* is *taluya buch*.

*Hatzlocha* to all ...

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