

Last chance- all or nothing

Posted by needshelp22 - 09 Feb 2014 01:42

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Hey,

After multiple unsuccessful attempts to stay clean for more than a week or so, I'm going to try this, keeping an account on here, if this doesnt work then I may give up.

I am in Kolllel in EY a and ever since getting married have been unable to stay clean for any length of time. I have a filter but can always seem to get around it

Anyway,,,

this is day 1

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Re: Last chance- all or nothing

Posted by mr.clean - 12 Feb 2014 05:05

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Re: Last chance- all or nothing

Posted by Pidaini - 12 Feb 2014 08:05

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I personally never found scares to help in the long term, I was caught twice or three times, they made a tiny dent, but nothing serious.

The one thing I found very helpful was the change of battleground, changing from 90 days to ONLY today. One foot in front of the other, I only have to worry about that foot right now, One day at a time, I only need to battle for today not the past (to accumulate more days), not the future (get to 90 days), JUST NOW!!!

I personally found the 90 day chart to be a distraction to that in the beginning. Of course it's great to know the progress I've made, but to breath "am i going to make it to 90? Will I get more

numbers?" is so hard, and took way too much effort.

I have one battle to fight, always, and that is NOW!!! The present, forget about the future, forget about the past, NOW NOW NOW NOW. Where do I put the next foot, that is always the question, every moment.

I want to be clean for now, in order to be clean NOW, that's all.

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Re: Last chance- all or nothing  
Posted by dms1234 - 14 Feb 2014 23:00

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I am a little late, but Welcome!

I feel that the problem isn't just a filter even if you are a good at computers. I think that no filter will cure your problem. Of course a good filter is necessary, but you will still find a way to lust. So the problem isn't getting behind the filter. That seems like its the problem. But is there something thats possibly deeper? I don't think you will be seeing any rainbows and unicorns, once you install even the best filter!

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Re: Last chance- all or nothing  
Posted by Dov - 16 Feb 2014 08:27

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Until you let go of the struggle and accept that you do not need porn today, you will be suffering inside and walking a tightrope. No filter can ever take that away.

Sure, chaver, having a great filter may be the only way to stay clean for long enough to even start to let it go in your heart...but I agree with the last thing you wrote above, that it is a great help but "will not necessarily get to the root of the problem".

Making the real change is what I needed and continue to need, and is where my recovery is. All the pleasure I have in my yiddishkeit, living, marriage, etc, all come from that starting point one day at a time.

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Re: Last chance- all or nothing  
Posted by Imperfection - 16 Feb 2014 20:47

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Of course a filter is essential.

The making thing is to make an absolute commitment to taking a total break from Lust and to start living a different way.

Installing a filter is on of the easier ways of starting this commitment.

By the way, I also thought that my main problem was the internet, and that walking in the streets was under control.

It was only when I managed to stop circumventing the filters that I found Lust surfacing in different ways, such as in the street.

So I had to look at myself again - was I really changing my life? Was I really dealing with the anger and resentment.

Don't get me wrong, I am a normal person, with a happy marriage and good interpersonal relationships.

But, deep inside, this Lust problem allowed me to discover that something was missing.

Keep on davening!!

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Re: Last chance- all or nothing  
Posted by Dov - 16 Feb 2014 21:51

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That was a gorgeous post, true, and expressed so simply and accurately what many of us experience. Thanks chaver!

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