

Replacing addiction with a (healthy?) addiction?

Posted by berelfiner - 21 Jul 2015 15:47

It's just over a week now that I'm on the 90 days path. B"H all's going very well and my general life has improved greatly as well. A small issue that's bothering me however, is, that although (meanwhile and B'Ezras Hashem in the future too) my addiction to inappropriate material and behavior are being dealt with, I feel it's just being replaced by another form of compulsive behavior i.e. repeatedly logging on to my account and clicking "I'm still Clean".

Another issue is that besides for addiction to inappropriate material I presume there is such a thing as addiction to internet/computers without an inappropriate twist, this issue being expressed in excessive usage of the GYE website.

The question is: is my classification correct? Are these things defined as addiction? If yes, am I to temporarily forget about it and only deal with the terrible of the two bads? Or if all forms of addictive behavior are not dealt with than one can cause the reawakening of the other?

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Re: Replacing addiction with a (healthy?) addiction?

Posted by yiraishamaim - 21 Jul 2015 17:12

How many times a day do you click it?

I need more info- however generally speaking I believe - *Tafasta merubah loh Tafasta*

Too much to take care of and too much thinking - take care of the the lust for at least 90 days - I would even say 180 and then worry about the clicking "I'm still clean"

Also,try to limit your internet to the least amount possible. It is filled with triggers. I had to give up my passion for world news because the side pics that are there to draw your attention were doing to good of a job on me.

What the world considers perfectly regular pics to us is well beneath the acceptable tzinius level.

I heard an "expert" on internet viewing(frum fellow who is going around speaking about the internet and pushes parents to be more cautious, filters etc. bless him and his efforts) who said

that it has been proven that just about everyone's standards of modesty in viewing is somewhat lower on the web than when walking the streets.

All the more so us who struggle with lust.

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Re: Replacing addiction with a (healthy?) addiction?

Posted by berelfiner - 21 Jul 2015 17:41

Almost every opportunity that I have to access the internet, (around 10 times a day) I'd just sign in and click, and once I'm there spend 5 - 30 minutes browsing the website.

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Re: Replacing addiction with a (healthy?) addiction?

Posted by gibbor120 - 21 Jul 2015 18:07

I'm not sure I would worry about GYE addiction, although there is a thread about that too (Gevurah ?). If addiction is about "medicating" our negative feelings, we need to deal with those feelings somehow. That's why many people "trade" one addiction for another, or have multiple addictions. It's just numbing medication to fill "the void".

Living in a healthy way with healthy relationships, friendships, hobbies etc will go a long way to filling that void.

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Re: Replacing addiction with a (healthy?) addiction?

Posted by Gevura Shebyesod - 21 Jul 2015 19:24

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Re: Replacing addiction with a (healthy?) addiction?

Posted by gibbor120 - 21 Jul 2015 20:14

Thanks!

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The second "this" is what I'm thinking of I think

Re: Replacing addiction with a (healthy?) addiction?

Posted by lomed - 21 Jul 2015 20:47

I relate to what Berel is talking about. For me in the beginning I was constantly logging on. Although I am on almost all working days, I B"h managed to keep towards the end of the day. I will regularly sign in between 3 and 4 afternoon. I would accept the fact to exchange (if this helps) the struggle from lust to logging on to GYE.

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Re: Replacing addiction with a (healthy?) addiction?

Posted by berelfiner - 22 Jul 2015 20:16

Well I guess the maskono is I should keep away from the internet as much as possible, but if I'm on the internet the best place to be is GYE!

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Re: Replacing addiction with a (healthy?) addiction?

Posted by shlomoy - 23 Jul 2015 00:08

actually dont get so complicated its an halacha in Shulchan aruchYasir Machashvato midivrei havai....lelimud hatoirah...shehi.....

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Re: Replacing addiction with a (healthy?) addiction?

Posted by neshamaincharge - 23 Jul 2015 01:49

[berelfiner wrote:](#)

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I can relate. I had a similar experience. As I learned how to be more productive, it went down to 2x day, then once a day, 3 times a week etc. I also made a decision that no recreational use of the computer at all. It worked well for me.

Hatzlacha!!

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