

Rebooting

Posted by bearman13 - 26 Jan 2016 05:31

Hi. It's been a while since I started on this journey and a while since I actually posted on this site but I just want to check in and put a comment out there. The amount of progress I've made since I've started on this struggle has been amazing. I've also hit a number of other challenges in my life which has made it hard to fully succeed at kicking this habit.

But with diligence, perseverance, a lot of effort, a lot of reading, I'm getting there.

It's so great to know that there are others out there struggling but also succeeding. Soon I will be succeeding like you are.

Even now although I know I am not fully there yet (my next milestone is to hit the 90 day mark) when I compare myself to where I was 2-3 years ago it is phenomenal. I would never wish other people to be in the same mental place where I was back then. I am optimistic and more confident than I have ever been of beating this monster.

Kol tuv! With each others' support may we all succeed and become better people every day!

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Re: Rebooting

Posted by markz - 26 Jan 2016 05:34

Welcome back Dovish (=Bear-Man)

And being Dovish is a great idea!!!

I assume you know about Gibbor's [Dov quotes](#)?

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Re: Rebooting

Posted by iwant2begood - 26 Jan 2016 08:14

Hatzlocha on your journey!! Keep us posted!!

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Re: Rebooting

Posted by Yid1 - 26 Jan 2016 09:52

Welcome back.

We're glad you're here.

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Re: Rebooting

Posted by Bigmoish - 26 Jan 2016 15:04

[bearman13 wrote:](#)

Hi,

I haven't posted here in a while and want to "check-in". I went down this whole path of trying to stop this addiction and found that the #1 thing that helped the most was installing filters on my computer. No longer could I easily look stuff up, and this helped me lose my reliance on it and wean my brain off it. The break from it has been so valuable and the flow-on changes in my life have been immense.

BUT, unfortunately I had to leave where I was living and am now living with my parents for a period of time. They have unfiltered internet and I am falling back into my old ways. Thank G-d I am not back at the low level I was when I started this program, but I am definitely seriously "at-risk" right now.

I'm not sure what to do about it. I don't think I can just go installing software on their computers, and I will be here at least for the next month. I really really really don't want to lose this struggle and go back to my old ways. I can't. That is just not an option.

I'm weaning myself off this stuff but right now I just don't think I'm strong enough to have unfiltered internet within easy reach. I'm not sure what to do.

[bearman13 wrote:](#)

Thanks for the replies. It bothers me because filtering the internet was such a good and productive step for me. And I wonder if I will every be strong enough to stay clean when I'm near unfiltered internet. I don't think I was long enough without unfiltered internet to really truly break the hard-wired habits in my brain. I think I need at least 3 months (90 days) without unfiltered internet. Like the 90 day challenge on this site. But probably would need much longer.

Maybe the habit never really disappears - like alcoholism. Anyway, I'm still trying to work out a solution. I have to change something. I'll let you guys know what I figure out.

Welcome back!

So, anything change in the last 2 years?

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Re: Rebooting

Posted by TalmidChaim - 26 Jan 2016 20:22

Welcome back! It sounds like you've gained a lot of good insight.

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