

My Journey

Posted by thanks613 - 06 Mar 2016 18:47

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Hi all

I'm revamping my efforts all around. Got an accountability partner, a sponsor, a 12 step group, a coach, and some new tools. Of course if I started to list what I don't yet have this post would never end. I guess what I'm trying to say is that I recognize that my "plans" are only as good as what I will make of them.

I thought it might be helpful to have a place to write about my experiences at times. Fell free to share any thoughts/suggestions/comments you may have along the way.

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Re: My Journey

Posted by inastruggle - 18 Apr 2016 03:33

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How about posting you new and upgraded gedarim?

Then you'll

- 1) Actually make them
- 2) Feel a lot more obligated to kep them
- 3) Get other people's help and opinions on the matter

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Re: My Journey

Posted by thanks613 - 18 Apr 2016 15:38

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[inastruggle wrote on 18 Apr 2016 03:33:](#)

How about posting you new and upgraded gedarim?

Then you'll

- 1) Actually make them
- 2) Feel a lot more obligated to keep them
- 3) Get other people's help and opinions on the matter

Thanks for the input ina. I'm not sure whether you meant I should post about the schedule I want to set for myself or about gedarim to keep porn and lust off limits, but I'll assume gedarim.

1) Get a filter on my laptop - I tried to install k9, but ran into some technical issues. I expect to resolve them tommorow, and hope to have k9 installed by Wednesday at the latest. Probably will give the password to a friend who kind of knows my problems. However, I have to confess that in the past I have often acted out even with k9 in full force. Maybe it would be better to invest in a program like Venishmartem, but I don't really know the differences. Also, my family computers are not filtered.

2) Fix "Accountability Partner Systems" - B"H, He took care of this a bit last week without even asking me. 2 partners that I have both kind of reached out to me, which let me know that they are still holding me accountable. maybe I will write more about this, but my plan is to put down in writing more concrete guidelines about what/when I will report to them about, and then share with them these new rules. And if I fall in any of these rules, I need to inform them promptly, the first time, in specific detail. One issue I'm a bit concerned about is that these systems are probably temporary at best, but I can't worry about that today. For today, it is working. So far.

3) This is more theoretical, but I thought it might be good to make a list of people that I will reach out to in the event I feel compelled to break a Geder. Maybe in order of "severity" about who I would be more hesitant to call, with a REbbi or something towards the end of the list. Maybe that will keep me from acting out. Maybe I can even call one person on the list once a day just for the heck of it to get myself in the habit.

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Re: My Journey

Posted by markz - 19 Apr 2016 05:13

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#3) is not theoretical - it sounds like a great plan

Why does it have to be based as a punishment, can you not reach out to real people today and build friendships and sobriety which is the salvation from dips slips and falls

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Re: My Journey

Posted by Shlomo24 - 19 Apr 2016 05:17

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The more I am connected to god, SA, and other fellows, the less I will need to act out. People many times don't post when they are struggling, and that itself is another reason why they are struggling. I think it's a noble idea to reach out.

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Re: My Journey

Posted by inastruggle - 19 Apr 2016 06:13

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[thanks613 wrote on 18 Apr 2016 15:38:](#)

Also, my family computers are not filtered.

One issue I'm a bit concerned about is that these systems are probably temporary at best, but I can't worry about that today. For today, it is working. So far.

First of all I couldn't agree more with markz and shlomo having people to reach out to is an important thing and is definitely not a punishment. I made a lot of close friends through gye.

About the other unfiltered computers, my family doesn't have filters either. It isn't an issue. My

longest streak was over a year and for most of it I had very easy access to porn. It isn't about the situation, it's about you.

No matter how much you closet yourself away there's no way you can block yourself from unfiltered internet. All you can do is make it slightly harder. Also, we all know that you can get around filters. Most of my recent falls were on a filtered device.

Ok,, so why use a filter at all?

1) First and most importantly, because the gedolim say to. End of story.

2)Because being a few clicks away from porn is a bad idea. All you need is one dumb moment. Having a filter, even with holes, is a step in the right direction. It does make it significantly harder to fall.

You can make gedarim about using the unfiltered computers or stay away from them completely.

Therefore, in addition to your very valid point about focusing on the present, it really doesn't need to be temporary. Life will always be changing, the main thing will still be you. You can adapt yourself, and the systems when the changes come.

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Re: My Journey

Posted by Shlomo24 - 19 Apr 2016 07:11

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Ina: I happened to randomly look at your edit. Lol.

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Re: My Journey

Posted by markz - 19 Apr 2016 11:00

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[Shlomo24 wrote:](#)

Ina: I happened to randomly look at your edit. Lol.

Can you guess what it means??

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Re: My Journey

Posted by markz - 19 Apr 2016 11:01

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[Shlomo24 wrote:](#)

Ina: I happened to randomly look at your edit. Lol.

Shlomo,

Can you guess why Ina wrote that?

Youll probably get it wrong

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Re: My Journey

Posted by inastruggle - 19 Apr 2016 16:33

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Re: My Journey

Posted by Shlomo24 - 19 Apr 2016 17:13

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I thought it was because Mark was commenting on PA's editing...

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Re: My Journey

Posted by markz - 19 Apr 2016 17:50

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I'll tell you on condition you don't + my karma. Deal?

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Re: My Journey

Posted by thanks613 - 19 Apr 2016 18:08

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I'm sure we'd all like to know

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Re: My Journey

Posted by Aryeh821 - 19 Apr 2016 18:10

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[thanks613 wrote:](#)

I'm sure we'd all like to know

Maskim

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Re: My Journey

Posted by markz - 19 Apr 2016 18:19

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I wrote inna a PM last night hats I karma'd him and sincerely thanked him for his recent nice posts

His reaction was an edit note:

"mark, please stop looking at this"

Is he nuts??????

Besides, there's no such thing as 'stop looking' on guardyoureyes.com

Inna you got it??

Stop doing wheelies on your 18 wheeler!

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