

Here we go

Posted by Aryeh821 - 16 Mar 2016 18:51

Day 1

all right here i begin

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Re: Here we go

Posted by Markz - 28 Jul 2016 02:56

Warning: I communicate primarily by text / email etc (see my story), so what I'll say now may not make sense

To the average human being that needs real connection with real people, wattsap is not the real thing, sorry to have to share the sad news with you. But hey this may portend good news for you in the near future

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Re: Here we go

Posted by Aryeh821 - 28 Jul 2016 03:00

[Markz wrote:](#)

Warning: I communicate primarily by text / email etc (see my story), so what I'll say now may not make sense

To the average human being that needs real connection with real people, wattsap is not the real thing, sorry to have to share the sad news with you. But hey this may portend good news for you in the near future

I wasn't arguing that it was just wondering if it's better than nothing

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Re: Here we go

Posted by Markz - 28 Jul 2016 03:05

Humanoids that are not aspie like me cannot exist w/o social life

IMHO if you scrap watsapp it'll push you to build your social life with real people eg talking to dov

And hey the better you work on this the better your marriage will be :-)

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Re: Here we go

Posted by doingtshuva - 28 Jul 2016 10:22

[Aryeh821 wrote on 28 Jul 2016 02:47:](#)

Guys I need some advice

I recently decided to get rid of my phone (the browser is completely blocked so not really because of porn realated issues)

however I realized today that it is a major source of connection as I whatsapp friends and

cousins a lot and an idea talked a lot about here is staying out of isolation

whats you're guys opinion on this?

If I understand you correctly, you're willing to change to a more simple phone?

I have done that a long time ago, it's not easy but that is what I need for today.

Yes I miss out alot, but what won't I do in order to stay sober?

Others will tell you you can put a good filter and stay with the smart phone.

I think that you, and only you can answer your own question, who knows you like yourself?

Best wishes

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Re: Here we go

Posted by gibbor120 - 28 Jul 2016 17:14

I hear you, but I'm not sure what to tell you. I hear your dilemma.

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Re: Here we go

Posted by Bigmoish - 28 Jul 2016 18:12

It's interesting that you choose to ask anonymous internet "friends" advice regarding whether or not retaining real connections with real people is a good idea.

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Re: Here we go

Posted by doingtshuva - 28 Jul 2016 21:51

[Bigmoish wrote on 28 Jul 2016 18:12:](#)

It's interesting that you choose to ask anonymous internet "friends" advice regarding whether or not retaining real connections with real people is a good idea.

Are you sure that is what he's asking?

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Re: Here we go

Posted by Shlomo24 - 30 Jul 2016 04:57

Making decisions to get rid of things in life is always hard to do. The logical process is actually quite simple, does the positive outweigh the negative? It seems over here that it doesn't. The hard part, for me at least, is letting go. I still want to have those "bottles" available so I can take a drink, even if I know intellectually what is right.

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Re: Here we go

Posted by thanks613 - 02 Aug 2016 08:25

OOoh!! I got a new thread idea..

"Can't bring yourself to give up those pesky things? Give 'em away on the LetGo thread..."

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Re: Here we go

Posted by Aryeh821 - 07 Oct 2016 18:33

Hello all its been quite a while

after to taking to Dov and another member i have come to conclusion that to get soberity i MUST tell my parents at least part of what i am going through (even just writing that sentence was hard and felt like a surrender) however i am to put it Lightly extremely dreading this i feel like im stuck between a rock (porn /masturbation) and a hard place(telling my parents) but the rock isn't so much hard as a comfortable enveloping sense urging me to stay in my comfort zone and keep hiding

does anyone have any experience with telling there parents or the like ?

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Re: Here we go

Posted by Teshuvahguy - 07 Oct 2016 18:37

I have found I have never made progress staying in my comfort zone. Only when I faced the pain did I move forward. I wish you all the best with your parents. They love you.

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Re: Here we go

Posted by Teshuvahguy - 07 Oct 2016 18:38

I had to tell my wife. Not exactly the same but still terrifying. She was amazing and totally supportive and helpful. The fear was much worse than the reality.

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Re: Here we go

Posted by Shlomo24 - 07 Oct 2016 21:11

I think that what has really helped me is to make sure that I don't tell then something they aren't ready for. I have told them things but in somewhat vague terms. Specifics aren't necessary I don't think.

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Re: Here we go

Posted by Markz - 07 Oct 2016 21:21

Yeah I was wondering the same why does dov say you should tell all to them. Also have you shared with your Rebbi, cos I think that can sometimes be more productive

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Re: Here we go

Posted by Aryeh821 - 11 Oct 2016 16:47

[Markz wrote:](#)

Yeah I was wondering the same why does dov say you should tell all to them. Also have you shared with your Rebbi, cos I think that can sometimes be more productive

Dov didnt say to reveal ALL (sorry if i was misleading) the reason why i have to reveal at least something is to get access to a psychologist

i did tell my mashgiach and he was helpful to a point but his focus (not in anyway his fault) was on the yetser hora part of it not the addiction part

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