

help

Posted by Mitgaber - 13 Nov 2016 12:10

I fell again on Thursday. I felt so bad afterward, the entire thing all over again. I can go for long periods without falling, sometimes even more then 90 days but I keep on falling again afterwards.

My problem is that at some point I become complacent and slowly start dropping all the good behaviors necessary for keeping sober such as: reading the guide book every day, thanking and praying to Hashem throughout the day, controlling my internet usage, exercise etc. In short, I start focusing again on my own problems, resentments, fears etc. without actively involving God in my life.

I came to the conclusion that there are a few things that I can do to improve: drop non-religious news sites, limit internet usage, drop coffee and alcohol during the week.

I also noticed that many times other compulsive behaviors add to stress in my life, like constantly checking news and email.

It is quite clear now that I need a sponsor. The reason I haven't tried this until now is because I'm terrified that my wife will find out if she answers the phone to my sponsor. My wife is constantly busy with my phone. Not because she suspects me being an addict but she checks pictures, uses the internet or makes notes on it etc. I think now that it may be possible for me to be in touch with a sponsor through email. Would anyone be willing to do that?

My second problem is that I would like to have filtered internet at home. The problem is again that my wife doesn't want it. She watches series and movies online which would not be available then. It was hard enough to convince her that it would be best if I didn't watch them with her anymore. I think my wife would agree to it if he had kids using the computer.

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Re: help

Posted by Markz - 13 Nov 2016 13:14

Brother I really feel for you

Maybe try stick to one Family Rav. He can help more than we.

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Re: help

try to stick to one thread for all your queries please, because we also love to help
Posted by cordnoy - 13 Nov 2016 13:34

You can have filters and your wife can watch her series still.....if you want. Just call TAG.

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Re: help

Posted by Mitgaber - 13 Nov 2016 18:43

what's TAG?

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Re: help

Posted by cordnoy - 13 Nov 2016 19:10

[Mitgaber wrote on 13 Nov 2016 18:43:](#)

what's TAG?

What's porn?

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Re: help

Posted by gibbor120 - 14 Nov 2016 21:14

Technology Awareness Group. They have it in many cities. They will filter your devices for you. Set them up the way you want.

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Re: help

Posted by Gevura Shebyesod - 14 Nov 2016 21:21

<http://www.taghelpline.org/>

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Re: help

Posted by cordnoy - 14 Nov 2016 22:12

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Re: help

Posted by cordnoy - 14 Nov 2016 22:13

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Re: help

Posted by cordnoy - 14 Nov 2016 22:13

[Gevura Shebyesod wrote on 14 Nov 2016 21:21:](#)

<http://www.taghelpline.org/>

I

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Re: help

Posted by cordnoy - 14 Nov 2016 22:29

Il received help from them today.

actually more help from friends, but anyway.....

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Re: help

Posted by Singularity - 16 Nov 2016 09:38

Cordnoy is your computer having a seizure?

Rav Shimshon Pincus says that the reality of life is a constant pendulum swing between good and bad moods. Because when we're at rock bottom we pray and fast. But when we're soaring, we become complacent. Why? because we think "all is good" and this is exactly where we peak. Because we're not asking anymore. And what's the point of living if not for davening to Hashem and building a relationship? So he advises that to break the dangerous cycle, never think "all is good". Think "all can be better". And this is probably how the gedolim achieve so much. because it can always get better. We don't have the beis hamikdash, do we?

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Re: help

Posted by cordnoy - 17 Nov 2016 04:24

Nope, but lately gye site is giving me knipshins.

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Re: help

Posted by Gevura Shebyesod - 17 Nov 2016 04:29

<https://guardyoureyes.com/forum/23-Just-Having-Fun/84252-GYE-GLOSSARY-OF-TERMS?limit=15&start=105#222611>

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Re: help

Posted by cordnoy - 17 Nov 2016 04:33

[Gevura Shebyesod wrote on 17 Nov 2016 04:29:](#)

<https://guardyoureyes.com/forum/23-Just-Having-Fun/84252-GYE-GLOSSARY-OF-TERMS?limit=15&start=105#222611>

Those were great times

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