

Road to 90 days (how I succeeded, and you can too)

Posted by Yosef Tikun HaYesod - 17 Nov 2016 07:53

I don't understand how being here is going to help.

Perhaps posting my progress and struggles will help other people.

Perhaps I'll receive encouragement and good advice and support.

I sincerely DOUBT that I can just succeed for 90 days (13 weeks),

just because I decide I want to, SINCE I've failed so many times

in the past. But maybe this time is different, because I will post here,

and have 2 experienced guys I've been emailing regularly.

B'ezras HaShem, I will finally succeed and break free from this bad habit.

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 18 Dec 2016 14:16

Don't see what's wrong at all. I guess every situation is different

and every family dynamic is different. Why is that hard to understand?

Gevura understood what I meant,

even though I wrote it in my first post on this subject incorrectly.

My son is a WAY better choice than my wife,

and I didn't tell him anything other than I spend too much time on the computer,

(which he already knows), because it has become a very bad habit,

and that I set up a time control with a password,

so that I wouldn't go on the computer when I should be doing something else,

like learning with him at night. But, the problem was, that since I knew the password,

I would put it in and change the times, so it wasn't too effective.

I asked him if he would mind putting in 6 numbers after a few words that I chose,
so that I couldn't change the time settings so easily.

I made sure that he wrote down the numbers first, and he was happy to help.

He is not involved in any way in my struggle, knows nothing about the gravity of this nisayon,
and actually benefits quite a lot by getting his father back, so to speak, every evening.

This is anything but a selfish act.

I have friends, but I can't think of any friends who would come to the house,

put in the 6 number part of the password, last night,

and agree to come back to my house to put it in again,

if I convinced them that I really needed it. Someone in the house is WAY more convenient.

And I agree that an understanding wife would be a better option than a son.

But I did the best I could with the situation I have. And I think that it will be a real improvement.

You asked what lessons have I learned from my failure,

and what steps I am taking to hopefully prevent it in the future,

and I think I came up with something that may work for me.

If you can think of something better to recommend to me, I'm all ears.

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Re: going for 90 days (Feb. 20)

Posted by Gevura Shebyesod - 18 Dec 2016 14:26

My original comment was only about the danger of your son having full access to the password.

I agree with the others here that there are some unhealthy aspects to this arrangement though.
How old is he? What happens if he figures out why you really need it? Will he be able to say no

to you when it needs to be said? And what are the Chinuch and Kibbud Av implications of such an arrangement?

Perhaps you need an outside Chaver to help you with this. You can have someone use a remote access app like TeamViewer to put in the password when necessary.

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Re: going for 90 days (Feb. 20)
Posted by Watson - 18 Dec 2016 14:35

[Yosef Tikun HaYesod wrote on 18 Dec 2016 14:16:](#)

Don't see what's wrong at all

I'm all ears.

Twilight zone?

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Re: going for 90 days (Feb. 20)
Posted by Watson - 18 Dec 2016 15:11

Yosef, you know what denial is? Don't Even Notice I Am Lying.

I urge you in the strongest possible terms to **fully** open up about your struggles with a **safe** person in **real** life. Be that a Rav, therapist, GYE or SA member. **In person**, not in writing. I

can't think of any other way for you to start seeing through this bull***t and how much it is damaging you and your family.

I am davening for you.

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Re: going for 90 days (Feb. 20)

Posted by Workingguy - 18 Dec 2016 15:51

[Yosef Tikun HaYesod wrote on 18 Dec 2016 14:16:](#)

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Yosef Hatzadik,

There's a famous saying along the lines of "When a son needs he help of his father, they both laugh. When a father needs the help of his son, they both cry."

Speaking from experience, you have no idea of the damaging ramifications of a kid knowing that his father needs his help for self control. Of course honesty and acknowledging to our kids that we're human is important, but so is keeping our kids feeling secure.

TAG (do you know what that is?) is happy to hold passwords for certain filters, and they would hold the password for k9 and login remotely with Team Viewer to get you in when you want to. What about that?

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Re: going for 90 days (Feb. 20)

Posted by Markz - 18 Dec 2016 16:41

I did what Yosef is considering

I do not allow my kids on my mobile device so I didn't have a problem with my oldest kid holding the restrictions password for my device

It happened to come up in discussion with my wife and therapist - my wife was a little shocked and taken aback. So was my therapist who told me I gotta make my wife the one responsible for the restrictions password

I have some some social blindness as explained in "my story" and that's why I don't see a problem making my son the restrictions gate keeper (My son may have my social blindness too)

However in the social world it's very wrong, because the messages and roles are being distorted

If your shrink feels otherwise, that's fine, so it will be a ?????? ????????

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Re: going for 90 days (Feb. 20)

Posted by Watson - 18 Dec 2016 16:55

[Yosef Tikun HaYesod wrote on 18 Dec 2016 05:00:](#)

My son will be a lot more reasonable if the time settings need to be changed.

I would laugh if it wasn't so tragic.

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Re: going for 90 days (Feb. 20)

Posted by Shlomo24 - 18 Dec 2016 17:04

I am glad that I am not the only one who feels the way I feel.

Watson: I really like milkshakes. AMAZING!

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Re: going for 90 days (Feb. 20)

Posted by jewishfiltergeek - 18 Dec 2016 18:14

Hi Yosef,

You can use k9 for content, and windows family safety for time limits, or norton family. Both are free. If you need specific help, let me know your current setup, what operating system, filter, etc.. you have now.

Keep up your good work!

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Re: going for 90 days (Feb. 20)

Posted by Gevura Shebyesod - 18 Dec 2016 18:24

K9 does time restrictions too, and they can be overridden without affecting the filtering settings.

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Re: going for 90 days (Feb. 20)

Posted by shua73 - 19 Dec 2016 01:36

[Gevura Shebyesod wrote on 18 Dec 2016 18:24:](#)

K9 does time restrictions too, and they can be overridden without affecting the filtering settings.

I use Kaspersky as my computer protection and it also has time limits that aren't related to filtering content. It has them as two separate things. Well good luck in whatever you do.

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 19 Dec 2016 07:32

I appreciate the concern and help everyone is trying to be for me.

I read everything twice, sat on it, emailed one of my support buddies, read what he wrote twice, sat on it more, and here I am with all my failings and weaknesses, back on the forum.

I have kaspersky, for both things, and it works great, and they are basically separate.

The issue that led to me falling was when I overrode the time constraint, by putting in the password,

since this completely turned off all protection, even from explicit content.

This caught me by surprise. But this wouldn't happen again, because, in the future, I will be super-

careful NOT to be alone and walk over to the computer and override the time constraint

by putting in the password. I can only be truly surprised once. Now, I am warned,

(and anybody else using kaspersky is warned too).

However, the fear is that in a weakened state, I may still do this.

So to protect against that, I wanted it

to be not so easy to put in the password (but not too hard either).

Having someone in the house that has to insert 1/2 the password

would accomplish exactly that. Whether it is my wife or son or live-in house guest,

isn't really the main issue. If I had a house guest, I would use him.

If I had an understanding, helpful wife, I would use her. If I had more self-restraint,

I wouldn't have to use anyone. I've got to live with the reality that HaShem has given me,

and grow each day. Asking a friend outside the home isn't that practical,

to expect someone to come to my house to set it up with me AND then whenever

I really need/want to go on the computer to put in his 1/2 of the password,

so that I can go on the computer outside of the times I set.

And allowing some place or someone to remotely access my computer I don't feel comfortable with.

I want to grow and get stronger, and I seem to have 2 choices, which I wrote about:

Going forward, I think I should either 1. be super strict with the time limits, so that I succeed and live my life, and am doing what I am supposed to be doing all the time throughout the day...or

2. take off all streaming videos, but forget about the time limits, so that the computer is always available.

Concentrating on both things at once, was too strict for me right now, and had the opposite effect!

(and I fell and watched porn and masturbated and wasted seed)!

I'm choosing to be super strict with the time limits, since this may help me get my life in order quicker. Eventually, both are important.

Now, I have to be extra careful not to go on the computer outside of the times I set.

This was a setback, but I'm not giving up. I'm back on track and will break free.

Hopefully, it will only take me 90 more days to get to 90 days clean. I'm 3 days clean.

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Re: going for 90 days (Feb. 20)

Posted by Singularity - 19 Dec 2016 08:35

[Yosef Tikun HaYesod wrote on 19 Dec 2016 07:32:](#)

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careful NOT to be alone and walk over to the computer and override the time constraint by putting in the password (1). I can only be truly surprised once. Now, I am warned, (and anybody else using kaspersky is warned too).

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to be not so easy to put in the password (but not too hard either).

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(and I fell and watched porn and masturbated (3) and wasted seed (4))!

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(1)

It's the fox-guarding-the-henhouse analogy all over again. And the gemora Nidda says there's no *apotropus*/Arayos, and especially not the perpetrator himself! But you seemed to have admitted this in **(2)**. So I hope you're working on it.

(3)

I understand growth's being progressive as well. Though I don't think a cancer patient would refuse a second crucial chemo session just because he can't handle it. But you have to know

the extend and risk of your addiction, I guess. I can't help you there.

(4)

In my addictive journey, I put this as the height of all my problems, shaming myself for doing it, feeling destroyed, etc. And this just fed the addiction more and more. I was treating my cancer with an aspirin of *Kitzur Shulchan Aruch*. Feeling all good about myself that I read *Siman 151* every time I fell, to try and carve away at my cliff-faced brain to absorb its message. I assure you, t'will be the path of destruction, young one! First fix yourself! Then PG the fear of the *issur* will be enough to prevent it.

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Re: going for 90 days (Feb. 20)
Posted by Singularity - 19 Dec 2016 08:40

Remember, this *Yezter Hora* is internal, ever since *Chava* ate that darned fruit. it WAS once external. We WERE able to blame our filters/passwords/technologies/coding teams/Javascript at a time. But when the glass shatters Hashem will turn the spotlight onto **us**, amidst our decaying filters.

Like the Gemora *Bava Ma'aseh Daf 1c*, quoting the Gemora in *Eiruvim*, daf 19a, All Filters will fall into Gehinnom, but Avraham Avinu will stand at its mouth and save all Jewish filters, **except** those programmed in Java, PHP or other buggy scripts that had obvious loopholes and didn't undergo unit testing.

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