

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 jewishfiltergeek - 19 Dec 2016 11:40

[shua73 wrote on 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.

Most programs would offer it as two separate things, however they use the same password. I was suggesting two separate setups so that he doesn't have access to the content password.

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Re: going for 90 days (Feb. 20)

Posted by TzedekChaim - 19 Dec 2016 15:43

yosef,

First off, I have not read this entire thread so I may be off a drop (I do intend to read it more thoroughly time permitting, I think that you and I have a lot in common when it comes to movies and escape)

A friend of mine once said, "if someone calls you a dog, you laugh it off. If another person calls you a dog, you ignore them, and if a third person calls you a dog, you should probably start barking.

It sounds like you are really trying to fix this, you realize that this is an important thing to fix (if not THE thing to fix) and that you see the positive effects in your life(, family, and such) when you are making progress. I felt like that too, but sometimes the things we think will fix our problem may not actually be the fix (or at least the main part of the fix).

Personally, I have found that many things people on the forum say don't apply to me. Then after) for example, Until I finally acknowledged the that problem was ME **lusting** after things, then I was able to work on it. Until then, everything out there was just a trigger (excuse) to act out. 'woe to me, it's not my fault, Hashem made the test so hard, I am working so hard on it, if I could just make it physically impossible to act out then I would be good.' That is impossible of course. Unless you remove all your senses surgically as well as all of the body parts related to acting out. and EVEN THAT won't stop the lusting.

Work smarter, not harder.

Just my three cents, Wishing you yishras hadas with this issue.

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Hatzlacha!!!

Re: going for 90 days (Feb. 20)
Posted by Markz - 19 Dec 2016 17:53

Yosef - what does your wife say about your son being the gate keeper?

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Re: going for 90 days (Feb. 20)
Posted by Workingguy - 19 Dec 2016 22:57

[Watson wrote on 19 Dec 2016 09:07:](#)

"this wouldn't happen again, because, in the future, I will be super-careful NOT to be alone and walk over to the computer"

"in a weakened state, I may still do this"

"I wanted it to be not so easy to put in the password"

"Someone in the house is WAY more convenient."

"He is not involved in any way in my struggle"

"giving my password control to my oldest son"

"I'm all ears"

You have argued with every suggestion and other point of view since you got here.

Can you see how much you are lying to yourself?!

My guess is not. It's not your fault, you're not even aware you're doing it.

That's why **it's vital that you get real life support** imo.

As far as using your son as your chaver, you could ask a Rav. Like you presumably would for any other important points of chinuch, especially when several other people have raised concerns. My guess is that you won't. It's too scary.

I'm not going on about it for the sake of it. I'm writing this because I'm concerned. Originally for you, now for your son also.

"I tried having my wife keep the password for me a few times,
with disastrous shalom bayis consequences.

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.

Watson,

A hallmark of many newcomer's posts is that it jumps off their page how much they are lying to themselves. Sometimes I see my own writings and I'm like "Liar, lame, you know that won't work...." granted, this is more extreme but like you said, Yosef doesn't really seem to want to listen. So what do we do? If we're too hard on him, he may leave and ever come back.

If we're too easy, we're enabling. And we've done quite a bit of enabling because many of us here have spoken so encouragingly and deferentially to him after he complained how unsupportive people here were.

You clearly are fed up and speaking the truth. Just not sure if it will help. So I don't know what to do.

Yosef,

People here are telling you that you're not listening. Why don't you just tell them that there are certain things you are and are not willing to do for recovery, and not that you know better, but that you're only committed up to a certain point?

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Re: going for 90 days (Feb. 20)

Posted by Watson - 19 Dec 2016 23:52

Thank you WG.

I don't have it in my power to make someone recover. I don't have it in my power to make someone relapse.

Hakol bidei shomayim chutz miyiras shomayim. Nothing in YTH's life is under the control of Watson.

So I'm just trying to be honest and point out the things that I think are important. This has not been an easy thread at all and I haven't enjoyed writing on it. I am trying to help the poor suffering guy by recognising that a forum is too easy to lie in and manipulate. So are emails to support buddies.

There is no way Yosef could have said out loud to his Rav or any GYE member what he wrote here because he himself would have seen the stirah in his own words and thinking. That's why I think it would actually help. And that's why it's so hard to do. Cos if someone actually spoke **completely honestly** to their Rav or therapist about all this, there's a chance they won't masturbate again, and if you're anything like me, that prospect is terrifying.

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Re: going for 90 days (Feb. 20)

Posted by Watson - 20 Dec 2016 00:08

BTW I wrote plenty of stinkers in my own thread on the forum. I know what it's like to be new here.

My twisted thinking was pointed out to me at the time by more experienced members. It was difficult and painful and I argued with them too. But in the long run they helped me tremendously. The only ones that really helped were the ones who told me the truths I didn't

really want to hear.

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Re: going for 90 days (Feb. 20)

Posted by Shlomo24 - 20 Dec 2016 01:19

[Watson wrote on 20 Dec 2016 00:08:](#)

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I sure as hell didn't like some of the things Cordnoy posted. But they have been very helpful for me.

I remember when a guy told me to stop going to SSA therapy, I wanted to strangle him. But he was right.

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Re: going for 90 days (Feb. 20)

Posted by cordnoy - 20 Dec 2016 02:33

[Shlomo24 wrote on 20 Dec 2016 01:19:](#)

[Watson wrote on 20 Dec 2016 00:08:](#)

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Il didn't like some of the things he posted either.

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Re: going for 90 days (Feb. 20)
Posted by Singularity - 20 Dec 2016 08:39

[Watson wrote on 20 Dec 2016 00:08:](#)

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Re: going for 90 days (Feb. 20)

Posted by czworking123 - 20 Dec 2016 09:53

I agree with singularity and markz also from experience and this time even having only signed up for less than a week i feel so much better knowing these guys and others are there to help me (each other)

The main thing is to beat yourself UP and not beat yourself DOWN:cool:

We will do this!

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 20 Dec 2016 16:18

4 days clean.

I think everybody's heart is in the right place, but I feel that there has been a lot of misplaced negativity and lack of sensitivity to me and my struggle. I don't want to be lied to or coddled, but I would like to feel more the right hand pulling me close, than the left hand pushing me away. Perhaps some have even got their hands mixed up (or we have a lot of left-handed people here).

I read everything, and actually called a Rov.

AWKARD discussion back and forth, just to get him to understand what I am

suggesting and why. His personal opinion of me probably dropping, I explained

that the computer has a pull that can suck me into spending more time than I intend to

on it, and therefore, I want to set time limits for it to go off automatically, so that this doesn't happen.

These are controls, over and above the filter for bad content. But I can't hold the password

or else I can just extend the time whenever I feel drawn in, which wouldn't help too much.

It should be my wife who holds the password, but it can't be, based on bad experiences in the past when I tried to do just that, and she didn't and still doesn't understand that I didn't want her as a

judge and mashgiach, but rather just wanted to add a layer of that extra step, to give my yetzer tov

a good chance to win.

I continued and told the Rov, my idea, therefore, is to give 1/2 the password to my son, so that I can

extend the time, if I really feel I need to that day, but only by him putting in the 2nd half of the password.

Wow...20 minutes more discussion and lack of understanding why would I want to get my son who is such a good boy involved in computers. I calmly explained that I never let any of my children on the computer,

since it is so harmful. I only want him to hold 1/2 the password so that I will be able to extend the time I spend on the computer, blah, blah, blah. Then, he says: but if you won't let him on the computer, because you realize how bad and harmful it is, then why do YOU need to go on the computer?

Wow...10 minutes more uncomfortable discussion and explanation. I email and write to people and get support, blah, blah, blah. Then the kicker, he says: "there is absolutely no heter to ever see a woman even with short sleeves." He said, my son shouldn't even see me on the computer, but I told him that I am not in a closed room on purpose, since I think that would be worse, and could lead to getting pulled even further down. I think he agreed to that, and ended the discussion with a 2-week trial idea, but ONLY if my wife would agree to involve my son. Otherwise, he defers to her.

Well, surprise...she is against it. She wants the control herself. Which won't work. She can't get past the idea that if I can get it turned on, outside the time limits I set, just by asking, then how is it going to cut down the time I'm on the computer. She thinks it's a farce. She wants to be able to judge yes or no on a case by case basis, which will almost always be no, and that is anyway mashgiachy and judging me...

no good. She said she wants to think about it for 24 hours.

Then, the final straw was that my son, who was on board the whole time until now, hears that thing about the short sleeve shirts, and says: "I don't want to be involved in helping you do an issur."

Wow...So, he'll only agree to hold 1/2 the password if I go Cold Turkey and take off all the stupids (streaming videos).

Wow....maybe this has all been HaShem pushing/helping/getting me to do the right thing. But I have a tyvah to watch streaming videos. I want to watch them. There are 42 more videos of a series I got into. My wife says: "you don't really want to watch those 42 episodes all about a fire." I say yes I do. But part of me doesn't. Both feel real. I really do want to watch them, and I really don't want to watch them. I don't know which way I am going to decide. Which part of me is going to win. Maybe I will just say forget it. I'll continue to hold the password, and improve slowly or not. I don't want a 3rd helping of Cold Turkey. It's tough. That's not what I was ready for, and is not what I decided. I wanted to add time limits that will work, while keeping "the stupids" as he calls it (all the streaming videos...regular/not explicit).

I take a long walk and think about it. Freezing cold!

O.k. I am willing to try Cold Turkey hopefully for the last time.

The Rov assumed that's what I meant anyway, because how could I possibly be watching streaming videos. They have women actresses with short sleeves...and worse.

My wife says she is willing to try it for 2-weeks, like the Rov suggested, and then evaluate if it had any positive effect/toeles in curtailing the amount of time I spend on the computer.

So, the 2-week trial has begun.

And the fact that I will have to report back to him, may actually help me.

Tues, Wed, and Thurs night, erev Shabbos, Motzei Shabbos, Sun, Mon, Tues, Wed, and Thurs night

is 10 days. We'll see how effective this idea is over these next 10 days.

I wrote one of my two support buddies and he responded:

Looks like you boxed yourself into having to quit your bad habits. I guess it's a good thing.

I want people to respond and tell me the truth. I don't want to be ignored or lied to.

Just please try to be less harsh and negative. Right hand and left hand. Thanks!

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Re: going for 90 days (Feb. 20)

Posted by Workingguy - 20 Dec 2016 16:21

Yosef,

Your son is out of the question, your wife is against, you know you don't belong watching the videos. What option is left?

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Re: going for 90 days (Feb. 20)

Posted by Yosef Tikun HaYesod - 20 Dec 2016 16:25

Did you write this after my post?

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Re: going for 90 days (Feb. 20)

Posted by cordnoy - 20 Dec 2016 16:39

Il commend you for talking to your Rav.

Very nice.

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