

On the shoulders of those before me

Posted by LifneiHashem - 20 Nov 2016 20:53

Hi all,

I have been reading a lot of forums and found them to be at times a source of chizuk, as well as upsetting, at times.

Like so many others here, my struggles with P&M started in my early teens and continued until now. I assumed it would stop by itself when I got married, but here I am 10 years later and obviously that didn't happen. We didn't have internet for several years, so the while always an issue, it wasn't encroaching on my life on a regular basis.

About 3 years ago we got internet. It was a relatively slow progression, but at some point it became a nightly pasttime, causing a lot of wasted time and not enough sleep. This lead to missing minyanim on a pretty regular basis. The nightly watching was not exclusively x rated. I also started watching a lot of streaming TV. (I grew up on TV but moved more to the "right" in my late teens and "officially" stopped watching TV. However, over all the years I always kept an ear open to what was going on in pop culture.)

I tried stopping a few times over the years, but never with any success. At some point I realized this is a real issue and I can't just stop on my own. It was beginning to take ovr my life, and I was no longer really connecting to my family, that I could be in the room with them, at the shabbos table, but not really *there*. This past Rosh chodesh Elul I decided to stop for good and signed up on GYE a few days later.

BH now I'm at day 77, which I'm sure is my longest ever. GYE taught me that if I want to stop acting out, first I actually have to *guard my eyes*. I know this is really obvious, but for the longest time I felt that the acting out could be an isolated issue, and there was no need to stop looking at whatever crossed my path, and of course my favorite tv shows. I learned from previous posters the importance of avoiding triggers and the slippery slope.

Things have been going pretty smoothly, & I can honestly say I that for most of the past 2 1/2 months I had minimal desire to act out. I was tempted to believe that I was "cured", but after reading so many other people's experiences, I knew not to be fooled and i needed to keep my up my gaurd.

The reason I'm finally posting now is because today I am really, really struggling, and could really use some chizuk!

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Re: On the shoulders of those before me

Posted by Shlomo24 - 02 Dec 2016 22:12

[LifneiHashem wrote on 02 Dec 2016 17:00:](#)

Day 89

last night I *needed* to be on YouTube. I watched a National Geographic video on spiders for 10 minutes, then I went to bed feeling better.

I'd like to think this was a win but have a feeling it was a lose.

That would be a win for me. Especially early in recovery.

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Re: On the shoulders of those before me
Posted by LifneiHashem - 04 Dec 2016 01:59

90 days. Thank you to all of you who have opened up and exposed your inner thoughts on this forum. I absolutely could not have made it this far without you.

Re: my last post- A clearer term than win or lose would be a step forward vs a step backward. Sure it was a win to watch spider video and not P&M. But it would be a tough argument to say it was a step forward towards recovery and not a step backward.

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Re: On the shoulders of those before me
Posted by Shlomo24 - 04 Dec 2016 02:19

KUTGW! I wish you much Hatzlacha. Btw, I always loved your thread title.

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Re: On the shoulders of those before me
Posted by LifneiHashem - 04 Dec 2016 02:41

[Shlomo24 wrote:](#)

KUTGW! I wish you much Hatzlacha. Btw, I always loved your thread title.

Thank you. BTW your shoulders are included! I read your story and was very moved. I hope you are in a good place.

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Re: On the shoulders of those before me
Posted by Meier - 04 Dec 2016 03:41

A win is a win Is a win

congrats on 90

The way I see it is.the very fact that you were on YouTube and you DIDN'T look at anything remotely close to shmutz makes it a win.yes I agree it might not be a step forward,but it definitely wasn't a step backwards.

I like to use analogies

Let's use football for this one.

5 minutes left in the fourth quarter

Your team can win with a field goal,if the offense goes four and out but the defense holds is that a step backwards?? I don't think so.true they didn't gain anything but they didn't lose either.but if the offense turns the ball over that is definitely a step backwards

YOUR offense didn't gain but you didn't turn it over either.and than YOUR defense went to work and within 10 minutes you had a fresh set of downs

A gut vuch

And keep on keeping on

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Re: On the shoulders of those before me

Posted by TzedekChaim - 04 Dec 2016 18:33

Good job LifneiHashem! Very inspiring!

It definitely is a win.

ps. I have found for youtube (i generally need it for educational videos on math and stuff) what I do is use the blocksi web filter (it is an extension for chrome) and it has a youtube by category filter. It is not that hard to get around a chrome extension filter if one wants to, BUT if the filter in your head is working, when you browse to categories of videos to just aimlessly fill time, it will block the video. It lets you know that this video is not a reason you need to be on youtube. I can say that it has saved me tons of time. IF someone emails me a you tube video and i open it and it gets blocked, I know that I don't need to see it. (I have disabled all but four categories of videos and It still gives me access to nearly all the math vids that I need) Just something I find helpful.

pps, for youtube, sometimes what gets people is the thumbnails, you can disable them by turning off images for youtube (either in a filter, or in the chrome settings). Another way to get rid of them without messing up button images for the menu and such is to use the adblock chrome extension and select one of the thumbnails and set it as an ad. Then all the thumbnails will be blocked w/o affected the titles of the recommended movies. Those are my youtube settings, and without them I would be quite nervous going on youtube, in the same way I would be nervous about walking on a rickety footbridge across a deep gorge. I might make it but maybe I wont.

Sorry for the thread invasion just some things related to the youtube discussion. Keep up the wonderful trucking, and keep up the wins!!!

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Re: On the shoulders of those before me
Posted by cordnoy - 04 Dec 2016 23:52

[LifneiHashem wrote on 02 Dec 2016 17:00:](#)

Day 89

last night I *needed* to be on YouTube. I watched a National Geographic video on spiders for 10 minutes, then I went to bed feeling better.

I'd like to think this was a win but have a feeling it was a lose.

Spiders have too many legs for me.

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Re: On the shoulders of those before me

Posted by LifneiHashem - 04 Dec 2016 23:59

[TzedekChaim wrote:](#)

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Thanks for this info. Can I do this with iPad/safari?

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Re: On the shoulders of those before me
Posted by LifneiHashem - 05 Dec 2016 00:01

[cordnoy wrote:](#)

[LifneiHashem wrote:](#)

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Your right, should have stuck with cannibal videos...

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Re: On the shoulders of those before me
Posted by cordnoy - 05 Dec 2016 00:40

[LifneiHashem wrote on 05 Dec 2016 00:01:](#)

[cordnoy wrote:](#)

[LifneiHashem wrote:](#)

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Personally, I enjoy hyena videos.

Asl an aside, how come I never see tigers on fight night?

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Re: On the shoulders of those before me
Posted by TzedekChaim - 05 Dec 2016 14:14

Thanks for this info. Can I do this with iPad/safari?

I don't believe so. Unfortunately the tablets and phones don't give the customer the same level of control as a full fledged desktop (or chromebook in my case).

Another reason I like to use chrome is that when I am on someone else's computer I can log in to my chrome account and then browse with my web filter and settings. (it doesn't mean that the computer can access treif stuff, just that I can browse without having to have sketchy or inappropriate sites popping up.)

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Re: On the shoulders of those before me
Posted by LifneiHashem - 13 Dec 2016 00:46

Hello, it's been a little while but I just wanted to check in with a few updates:

- 1) spiders are far more interesting than hyenas.
- 2) today is day 100. I vote to change 90 day chart to 100 days. It has a better ring to it.

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Re: On the shoulders of those before me

Posted by cordnoy - 13 Dec 2016 03:08

[LifneiHashem wrote on 13 Dec 2016 00:46:](#)

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- 1) spiders are far more interesting than hyenas.
- 2) today is day 100. I vote to change 90 day chart to 100 days. It has a better ring to it.

Il beg to differ. Hyena/lion fights are captivating. Hyena/anything fights beat spider/beetle interactions.

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Re: On the shoulders of those before me
Posted by LifneiHashem - 13 Dec 2016 03:27

Female hyenas have an appendage similar to the male member making childbirth quite difficult. Both sexes do a dance with erections to greet each other.

I rest my case. Stick with spiders.

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