

Bb0212's road...

Posted by bb0212 - 06 Feb 2017 14:45

So I'm officially at 10 days. Might be more, pretty sure it's not less, I started my chart after being clean for a few days but I wasn't keeping track. I kinda gave up the long term fight, didn't see how I'd win that fight. However I finally finally finally figured out how to properly filter my phone. I was getting around every filter until a couple of weeks ago. A kosher phone made this seem possible, then I joined these forums so lots of hope here.

One of the reasons I decided to do this is to "be faithful" to whomever my next wife will be, kinda like I was clean for a year or two before my first marriage. Back then, I was only clean after giving up movies/tv. The amount "undercover" sexuality on tv/movies is mind boggling for a society where there's no such thing as sexism. I wonder why we don't see the women's lib protesting the disproportionate amount of female to male sexualizing... (I'm being slightly sarcastic). At some point I'll have to give up movies/tv again and I will. But not yet...

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Re: Bb0212's road...

Posted by Markz - 16 Oct 2017 22:47

[bb0212 wrote on 16 Oct 2017 22:40:](#)

I think I need a better filter on the laptop. Porn hasn't been good, plain fantasizing wasn't really a big problem.

If your porn isn't that good it means you have a great filter. No?

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Re: Bb0212's road...

Posted by Markz - 16 Oct 2017 23:15

[bb0212 wrote on 16 Oct 2017 22:40:](#)

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My point is - Sorry I don't know you well, but from the little we have shared on the forum, I have a hunch that the filter isn't your primary make it or break it - am I slightly on target?

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Re: Bb0212's road...
Posted by bb0212 - 17 Oct 2017 04:04

[Markz wrote on 16 Oct 2017 23:15:](#)

[bb0212 wrote on 16 Oct 2017 22:40:](#)

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Dunno, a good filter has stopped me many times if not most times in the past.

Recently, I have been lax, other than making sure not I to refrain from mz"l. In other words, I was playing with fire. I wasn't planning on being mz"l, but I was "unsuccessful" with that & didn't stop in time.

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Re: Bb0212's road...

Posted by Hashem Help Me - 17 Oct 2017 11:29

Bb, sorry to hear about your disappointment. But lets put things in perspective. Your accomplishment of 259 is incredible and noone can take that away. Besides that, you have shown yourself you can stay clean for very extended periods of time. So lets get back up, shake off the dust, and move on. If you can figure out what exactly you were lax in that brought it on, maybe write up a contract that you will pay a knas if you do that action. This has helped a number of people. They found that once they were hooked it was too late, but when they stopped the step before, they were able to stay in control. One chaver, for example, noticed he always fell after accessing youtube. Bli ayin hora, he is doing great now that he has a strong contract keeping him off youtube. Hatzlocha.

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Re: Bb0212's road...
Posted by bb0212 - 17 Oct 2017 11:49

[Hashem Help Me wrote on 17 Oct 2017 11:29:](#)

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Ty for the support. I don't think taphsic would work well with me. At least not long term... So maybe short term - let's say for a week - that might work. The problem is, I don't have a strong motivation right now. Even before I fell, I wasn't all in and that's why I fell.

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Re: Bb0212's road...
Posted by LoveU,Hashem - 17 Oct 2017 20:42

Sorry to hear that brother! 259 days is a huge success!! maybe restarting to post more will help

you stay focused and on guard. maybe. It will help you remember how important this is in your life. if you are mechazik others, something might stick with you. The key is for it to be your top priority. What do you think?

I just had a fall too so I feel your pain. It's not like I fell from anywhere tall (like your 259 days) but I still got hurt. Maybe forget about getting back to where you were. That might be too overwhelming and maybe even frightening (at least to me. 259? such a long time! so much hard work). You love porn and that's it. But nothing will happen if you stay clean for today only. Right? you can still call yourself a pornaddict, one day won't make it or break it.

Good luck brother and may Hashem be in your way today!!

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Re: Bb0212's road...
Posted by bb0212 - 31 Oct 2017 05:51

That's just the thing. I feel kinda lost/confused. Dunno that it's my top priority & that's why I fell (and haven't really gotten up yet).

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Re: Bb0212's road...
Posted by bb0212 - 01 Nov 2017 20:34

Wtf is wrong with me? Since last week I keep masturbating. It's as if it's allowed, now that I no longer have any streak going. (Plz don't suggest taphsic, it's not for me, not now.) It's pulling me so far down. Spiritually, emotionally. Yet I keep doing it. It's my default mode. It pisses me off that half the time I'm looking away from pretty girls, half the time looking for them. I'm just lost.

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Re: Bb0212's road...
Posted by Hashem Help Me - 01 Nov 2017 22:05

If you have not done so yet, maybe it is time to reach out and speak with someone.

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Re: Bb0212's road...

Posted by Markz - 01 Nov 2017 22:31

[bb0212 wrote on 01 Nov 2017 20:34:](#)

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There's nothing wrong with you

You're a normal sweet guy

Warning: Spoiler!

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Re: Bb0212's road...
Posted by bb0212 - 02 Nov 2017 01:45

[Hashem Help Me wrote on 01 Nov 2017 22:05:](#)

If you have not done so yet, maybe it is time to reach out and speak with someone.

If anybody is available to talk, couldja plz pm or reply with ur phone number?

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Re: Bb0212's road...
Posted by tzomah - 02 Nov 2017 11:31

stop pissing yourself off

maybe thats a start

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Re: Bb0212's road...
Posted by serenity - 02 Nov 2017 23:55

In Yeshiva they told us there is a lock on the kitchen for a reason. We know that you can get though the lock of you really want to. So pls don't defeat the purpose of the lock.

The second you start you trying to get around your filter you have already acted out. God bless

you that you should be able to see your insanity as I was able to finally see mine on October 9, 2014. .

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Re: Bb0212's road...

Posted by doingtshuva - 03 Nov 2017 01:03

[serenity wrote on 02 Nov 2017 23:55:](#)

God bless you that you should be able to see your insanity as I was able to finally see mine on **October 9, 2014.** .

Full of inspiration

Keep it up

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