

Starting again

Posted by ManWhoStumbles - 06 Jul 2018 00:05

I had many failures in the last six months, and write I am at day zero. I realize I will have to communicate to people about my struggles to break free, so I will update this daily except for Shabat and Yom Tov. I will try to write strict schedules, and finish reading the handbook

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Re: Starting again

Posted by Hashem Help Me - 06 Jul 2018 02:31

Welcome. Sharing is step one in getting out of this mess. Your willingness to be in touch is wise and courageous. That's what bh worked for me.....

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Re: Starting again

Posted by ManWhoStumbles - 06 Jul 2018 14:11

Day 1: I am trying to structure my time, so I won't have any opportunities to fall. I am also working to maintain my enthusiasm from today for all days going forward. With the help of G-d, I'll move forward.

Good Shabbos!

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Re: Starting again

Posted by ManWhoStumbles - 08 Jul 2018 01:48

Day 2: Shavua Tov! I had some flashbacks to falling today, but I moved on. I hope I can stay strong with the help of heaven.

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Re: Starting again

Posted by ManWhoStumbles - 08 Jul 2018 23:24

Day 3: Sometimes I get thoughts while trying to fall sleep, but I tell myself "I love you Hashem, and then move on." Hopefully with the help of Heaven, I can stay safe in the coming days.

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Re: Starting again

Posted by Yerushalmi - 09 Jul 2018 09:28

Keep up the good work!

Would you care to share what you are struggling with? Where are you struggling (home, office, yeshivah etc)? The more you share, the more the group here can and will encourage you!

For me, it was hard to open up to people. But slowly I am realizing, the more I open up, the more that people here can help me.

Yerushalmi

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Re: Starting again

Posted by ManWhoStumbles - 09 Jul 2018 19:16

Day 4: I currently struggle with a screens problem, which manifests itself in online gaming, and p***. I struggle when I am home and have trouble staying clean for more than a week. Hopefully, Hashem will give me the ability to have more self control.

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Re: Starting again

Posted by Yerushalmi - 09 Jul 2018 20:53

Is there a way for you to get rid of unfiltered internet access?

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Re: Starting again

Posted by ManWhoStumbles - 09 Jul 2018 22:47

I actually just fell when I tested my filter. I have trouble setting good filters for chrome book. Do you have any ideas?

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Re: Starting again

Posted by lionking - 10 Jul 2018 01:44

I never touched a chromebook. However based on my understanding, there is a supervised user option which really locks down the device. Can that work for you?

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Re: Starting again

Posted by lifebound - 10 Jul 2018 03:12

Supervised users are unfortunately no longer available on Chromebooks, it was replaced with Family Link. I was not able to find a reliable way to lock down my Chromebook. I gave up and put a physical lock on the charger, so I can't use it anymore (unless I take a Dremel or a bolt cutter to it).

Whatever it takes.

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Re: Starting again

Posted by Yerushalmi - 10 Jul 2018 08:30

[ManWhoStumbles wrote on 09 Jul 2018 22:47:](#)

I actually just fell when I tested my filter. I have trouble setting good filters for chrome book. Do you have any ideas?

The only internet capable device that I own is a PC. The filter that I use is from gentechsolution.com, and it works for my needs. I don't know anything about Chromebooks. However, if the device is causing you problems, then you need to get rid of it, one way or another. The Chofetz Chaim writes, that if one's job requires him to be in a place where he will hear Loshon Hara, he is obligated to give up his job! Even if he has nothing else lined up, he can not stay in an environment where he will stumble. If we are required to give up our livelihood in order not to hear Loshon Hara, certainly we can give up a few hundred dollar device!

These lines are easy for me to write, as I am not giving up any devices. But you have to whatever it takes to stay clean.

Hatzlacha!!

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Re: Starting again
Posted by mzl - 10 Jul 2018 09:40

[ManWhoStumbles wrote on 09 Jul 2018 22:47:](#)

I actually just fell when I tested my filter. I have trouble setting good filters for chrome book. Do you have any ideas?

I don't know much about chrome os, but this sounds like what you are looking for:

<https://chrome.google.com/webstore/detail/webfilter-free-parental-c/epniipcfpbjliciholgdeipceecgcfmj?hl=en>

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Re: Starting again

Posted by ManWhoStumbles - 10 Jul 2018 20:13

Day 1: All of the chrome extensions can easily be disabled and removed, even without inputting a password. Today I actually davened in a Minyan for the first weekday in a long time, instead of davening at home. I think I think I am flawed in having too high an opinion of myself, and if I work on that, that might help me.

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Re: Starting again

Posted by mzl - 10 Jul 2018 20:55

[ManWhoStumbles wrote on 10 Jul 2018 20:13:](#)

Day 1: All of the chrome extensions can easily be disabled and removed, even without inputting a password.

If that's the case then get a new machine. Or you could make a neder - under the supervision of a chacham - that for a limited amount of time you will not use a computer with access to the internet without a shomer.

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