

Need some advice

Posted by lwtbf613 - 11 Dec 2018 06:42

So BH I am reaching 14 days of clean time. I could not have gotten this without Hashem, people who were there for me to speak with them, or the daily time I set aside for recovery work (GYE/journaling work) Something that I've been struggling with is recreational internet usage. Even without porn, I always enjoyed surfing through youtube or interesting websites, and I find that as I try to limit my internet usage to gmail and websites like GYE and COLlive, I develop this feeling like I'm aimlessly searching through the internet. I would love to find some alternative websites if possible. Anyone have any ideas?

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Re: Need some advice

Posted by Hashem Help Me - 11 Dec 2018 12:25

Maybe move your recreational time away from the computer completely. Some good old fashioned healthy and wholesome exercise, ball playing, a jog, or similar. Good for the body and for the mind.....

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