

filter.. or maybe not

Posted by jack123 - 08 Sep 2019 10:40

---

OK, so im on one of my longest streaks in a long long time, and im bh still going strong. there was one thing I changed this time which helped me tremendously, and that is ..no internet filter.

every time I tried stopping I would put some sort of block or filter and than I would always find a situation where there was no block from accessing stuff, either a different place or device or removing it myself when possible.

I realized that what was happening ,was, that as soon as it was blocked I would let my inclinations run loose, bc I anyway couldn't do anything, and I be skyhigh with tayvah and ultimately would fall in one way or another

wheras now I left everything open and have to be on my toes the whole time. im forced to control myself 24 7, and once you've mastered self control, there is no loopholes.

so maybe filters aren't for everyone

so far so good ill keep updatingon my progress

want to hear everyones opinion

=====  
=====

Re: filter.. or maybe not

Posted by jack123 - 11 Sep 2019 10:38

---

20 days and going strong

I read somewhere that you should keep telling yourself 'im sober' as opposed to saying 'don't do this and this'. the hesber is [im thinking], that if you think yourself a bad guy however much you fight with it eventually you gonna rationalize that youre anyway bad so you should do it. but if you think your good than you wont let yourself do it. bottom line is your not gonna change who you are bc of this stuff, so if your good it wont change you bad and vise versa.

let me know what yall think

=====  
=====

Re: filter.. or maybe not

Posted by Hashem Help Me - 11 Sep 2019 11:28

---

---

That is why it is so important not to beat yourself up for having urges. Urges are normal and even big tzaddikim have them. The yetzer hara comes along and says "You are a lowlife loser anyway - look at the thoughts and desires you have - just act out - why not? it's all the same." As you write, when someone thinks of himself positively - "I am a heilige yid!" and accepts himself as imperfect and that Hashem made all of us with desires, triggers, etc, and commanded us not to **act** on them, and **those urges do not define me**, then iyh it is so much easier to tell that yeyzer hara to go jump in the lake - "guys like me don't do such things".

=====

=====

Re: filter.. or maybe not

Posted by sleepy - 11 Sep 2019 13:08

---

i agree to Hhm,you have to have a positive self image about yourself in these matters,im reminded about a Chasidishe Rebbe who was about to Daven and the yetzer hara whispered in his ear ."oh ,look whos Davening like a big tzadik, dont you remember what you did earlier,and you know that youll probably do it again later!"Answered the Rebbe,"i know what i may have done earlier,and what i may do later , but yetzer hara!leave me alone!! now im Davening!!

the mishna says (not exact quote ,i think )"Al tirsha harbe"dont be a big rasha!so they ask, a BIG rasha not, but a small rasha yes?!and they answer,dont make yourself into a bigger rasha than you are,meaning,ok a person falls into cheit,not good,but that should not weaken his Davening,Learning Torah, Mitzvos,Simchas Hachaim,hes still a Yid, hes still a member of the Am Hanivchar!

when the Vilna Goan ztl was in prison on false charges, he saw one of the guards who was a Yid who converted about to take a drink, so The Goan said,"make a Beracha." answered the Yid ,"Ha! i desecrate the whole Torah, and your telling me to make a Beracha?:snort:!" Said the Goan, "whoa! Chazal say about a certain rasha that he is going to have to give an accounting in Heaven for a small sin, YOU are going to have to give an accounting o n t h e e n t i r e T o r a h!!(the yid broke down and did teshuva)

the point that im trying to make to you(and myself)in the above is, that it does not matter what was done, the yetzer has NO RIGHT to tell us ,your a loser , youve done it so many times.

the question is , is this what you were asking...

=====

=====

Re: filter.. or maybe not

Posted by Gevura Shebyesod - 11 Sep 2019 15:18

---

---

[sleepy wrote on 11 Sep 2019 13:08:](#)

i agree to Hhm,you have to have a positive self image about yourself in these matters,im reminded about a Chasidishe Rebbe who was about to Daven and the yetzer hara whispered in his ear ."oh ,look whos Davening like a big tzadik, dont you remember what you did earlier,and you know that youll probably do it again later!"Answered the Rebbe,"i know what i may have done earlier,and what i may do later , but yetzer hara!leave me alone!! now im Davening!!

the mishna says (not exact quote ,i think )"Al tirsha harbe"dont be a big rasha!so they ask, a BIG rasha not, but a small rasha yes?!and they answer,dont make yourself into a bigger rasha than you are,meaning,ok a person falls into cheit,not good,but that should not weaken his Davening,Learning Torah, Mitzvos,Simchas Hachaim,hes still a Yid, hes still a member of the Am Hanivchar!

when the Vilna Goan ztl was in prison on false charges, he saw one of the guards who was a Yid who converted about to take a drink, so The Goan said,"make a Beracha." answered the Yid ,"Ha! i desecrate the whole Torah, and your telling me to make a Beracha?:snort:!" Said the Goan, "whoa! Chazal say about a certain rasha that he is going to have to give an accounting in Heaven for a small sin, YOU are going to have to give an accounting on the entire Torah!!(the yid broke down and did teshuva)

the point that im trying to make to you(and myself)is the above not matter what was done the yetzer has NO RIGHT to tell us ,your a loser , youve done it so many times.

the question is , is this what you were asking...

It's actually a Posuk In Koheles 7:17

??????? ???? ?????? ??? ??? ????? ??? ???:

See Rashi and other meforshim there.

The previous Posuk can perhaps be understood along similar lines:

?????? ???? ???? ?

Don't think that you're such a big Tzaddik that you can let your guard down.

=====

=====

Re: filter.. or maybe not

Posted by sleepy - 11 Sep 2019 16:03

---

[Gevura Shebyesod wrote on 11 Sep 2019 15:18:](#)

[sleepy wrote on 11 Sep 2019 13:08:](#)

i agree to Hhm,you have to have a positive self image about yourself in these matters,im reminded about a Chasidishe Rebbe who was about to Daven and the yetzer hara whispered in his ear ."oh ,look whos Davening like a big tzadik, dont you remember what you did earlier,and you know that youll probably do it again later!" Answered the Rebbe,"i know what i may have done earlier,and what i may do later , but yetzer hara!leave me alone!! now im Davening!!

the mishna says (not exact quote ,i think )"Al tirsha harbe"dont be a big rasha!so they ask, a BIG rasha not, but a small rasha yes?!and they answer,dont make yourself into a bigger rasha than you are,meaning,ok a person falls into cheit,not good,but that should not weaken his Davening, Learning Torah, Mitzvos, Simchas Hachaim,hes still a Yid, hes still a member of the Am Hanivchar!

when the Vilna Goan ztl was in prison on false charges, he saw one of the guards who was a Yid who converted about to take a drink, so The Goan said,"make a Beracha." answered the Yid ,"Ha! i desecrate the whole Torah, and your telling me to make a Beracha?:snort:!" Said the Goan, "whoa! Chazal say about a certain rasha that he is going to have to give an accounting in Heaven for a small sin, YOU are going to have to give an accounting o n t h e e n t i r e T o r a h!!(the yid broke down and did teshuva)

the point that im trying to make to you(and myself)is the above not matter what was done the yetzer has NO RIGHT to tell us ,your a loser , youve done it so many times.

the question is , is this what you were asking...

It's actually a Posuk In Koheles 7:17

???????? ???? ??????? ???? ???? ???? ???? ????:

See Rashi and other meforshim there.

The previous Posuk can perhaps be understood along similar lines:

??????? ???? ???? ???? ???? ???? ????:

Don't think that you're such a big Tzaddik ***that you can let your guard down.***

=====  
=====

Re: filter.. or maybe not

Posted by sleepy - 11 Sep 2019 16:07  
or your guardrail down

---

[sleepy wrote on 11 Sep 2019 16:03:](#)

[Gevura Shebyesod wrote on 11 Sep 2019 15:18:](#)

[sleepy wrote on 11 Sep 2019 13:08:](#)

i agree to Hhm,you have to have a positive self image about yourself in these matters,im reminded about a Chasidishe Rebbe who was about to Daven and the yetzer hara whispered in his ear ."oh ,look whos Davening like a big tzadik, dont you remember what you did earlier,and you know that youll probably do it again later!"Answered the Rebbe,"i know what i may have done earlier,and what i may do later , but yetzer hara!leave me alone!! now im Davening!!

the mishna says (not exact quote ,i think )"Al tirsha harbe"dont be a big rasha!so they ask, a BIG rasha not, but a small rasha yes?!and they answer,dont make yourself into a bigger rasha than you are,meaning,ok a person falls into cheit,not good,but that should not weaken his Davening,Learning Torah, Mitzvos,Simchas Hachaim,hes still a Yid, hes still a member of the Am Hanivchar!

when the Vilna Goan ztl was in prison on false charges, he saw one of the guards who was a Yid who converted about to take a drink, so The Goan said,"make a Beracha." answered the Yid ,"Ha! i desecrate the whole Torah, and your telling me to make a Beracha?:snort:!" Said the Goan, "whoa! Chazal say about a certain rasha that he is going to have to give an accounting in Heaven for a small sin, YOU are going to have to give an accounting o n t h e e n t i r e T o r a h!!(the yid broke down and did teshuva)

the point that im trying to make to you(and myself)is the above not matter what was done the yetzer has NO RIGHT to tell us ,your a loser , youve done it so many times.

the question is , is this what you were asking...

It's actually a Posuk In Koheles 7:17

???????? ???? ??????? ??? ??? ???? ??? ???:

See Rashi and other meforshim there.

The previous Posuk can perhaps be understood along similar lines:

??????? ???? ???? ?

Don't think that you're such a big Tzaddik ***that you can let your guard down.***

guard ,did i let you down?

=====

Re: filter.. or maybe not

Posted by jack123 - 11 Sep 2019 19:12

---

sleepy, whats with all the metaphors?

=====

Re: filter.. or maybe not

Posted by sleepy - 11 Sep 2019 20:25

---

just a little humor , sorry.

=====

Re: filter.. or maybe not

Posted by jack123 - 12 Sep 2019 04:57

---

[sleepy wrote on 11 Sep 2019 20:25:](#)

just a little humor , sorry.

since when dyou need to be sorry for being humorous?!

anyway I hit 3 whole full complete weeks clean, beh many more to come

=====

====

Re: filter.. or maybe not

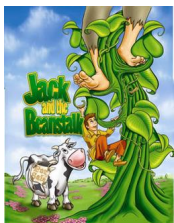
Posted by Markz - 12 Sep 2019 05:14

---

Hey Jack, stick with us.

Keep climbing the beanstalk, and I pray you don't fall.

I heard Gevura found a whole a pot of black j-beans, maybe you guys can open a private kiddush club up there.



=====

====

Re: filter.. or maybe not

Posted by jack123 - 12 Sep 2019 10:35

---

now that was a good pun/metaphor!

its funny that my most real friends who want you to succeed, are the ones ill never know...

=====

=====

Re: filter.. or maybe not

Posted by stillgoing - 12 Sep 2019 11:37

---

[jack123 wrote on 12 Sep 2019 10:35:](#)

now that was a good pun/metaphor!

its funny that my most real friends who want you to succeed, are the ones ill never know...

Or maybe you already know....

=====

=====

Re: filter.. or maybe not

Posted by sleepy - 12 Sep 2019 14:11

---

sg, jack 123, might have been scared by that post,it really depends in what nigung it was read.

=====

=====



Re: filter.. or maybe not

Posted by sleepy - 12 Sep 2019 14:12

---

[jack123 wrote on 12 Sep 2019 04:57:](#)

[sleepy wrote on 11 Sep 2019 20:25:](#)

just a little humor , sorry.

since when dyou need to be sorry for being humorous?!

anyway I hit 3 whole full complete weeks clean, beh many more to come

good for you,and keep it up!

=====

=====