

Learning what to answer

Posted by greenland55 - 30 Oct 2019 02:10

Good evening,

Starting on July 7, I was 113 days clean. But today, Rosh Chodesh Heshvan, I relapsed. Obviously I am still in a far better place than I was 113 days ago. This thread is documenting my attempt to keep that advantage that I worked so hard at.

How this occurred:

Warning: Spoiler!

The factors in my life that I can and will change are as follows:

Warning: Spoiler!

I will update this thread about two or three times per week, in the afternoon. Anybody who has comments or advice or encouragement would be more than welcomed.

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Re: Learning what to answer

Posted by greenland55 - 12 Dec 2019 03:05

Thanks for the tip. Hosts file has been good since it has helped me quit a lot of non pornographic time wasters like reddit. But I need to go back to having an accountability partner basically. I know that even if I am tempted now, in the future I'll have to confess and my fear of Hashem will have to be at least backed by my fear of man.

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Re: Learning what to answer

Posted by greenland55 - 12 Dec 2019 03:10

Yes I'll do that. Just been a bit nervous of that stuff is all. But it's needed. Anyway, putting computer in its kennel for the night. Feels good to be at least a day in.

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Re: Learning what to answer

Posted by greenland55 - 15 Dec 2019 15:16

Well things went OK last night, was tempted but instead just played video games. Not optimal but did the job.

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Re: Learning what to answer

Posted by greenland55 - 15 Dec 2019 22:13

Whelp obviously gaming as a distraction didn't work today. Been thinking about all this stuff since Shabbos. Had a fall, P and M separately. Not as bad as last time, but pretty bad.

I need to sort myself out & change my life because it's rotten pretty far deep. Not much more else to say besides what I said last time but was too lazy to do much about. Have basically forgotten why its not a good thing so I'll need to learn that. Gain some hope for life and have other habits. Not using porn can't be the only healthy thing I do, but right now that's my goal. Maybe eating a big bowl of fried junk wasn't actually a sign of having my house in order. Porn is self medication for other problems that I have or perceive. This whole saga of falls and more falls has only been a month and a half so really it's time to stop kidding around and man up.

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Re: Learning what to answer
Posted by DavidT - 16 Dec 2019 02:01

[greenland55 wrote on 15 Dec 2019 22:13:](#)

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I need to sort myself out & change my life because it's rotten pretty far deep. Not much more else to say besides what I said last time but was too lazy to do much about. Have basically forgotten why its not a good thing so I'll need to learn that. Gain some hope for life and have other habits. Not using porn can't be the only healthy thing I do, but right now that's my goal. Maybe eating a big bowl of fried junk wasn't actually a sign of having my house in order. Porn is self medication for other problems that I have or perceive. This whole saga of falls and more falls has only been a month and a half so really it's time to stop kidding around and man up.

Hi, did you ever get in touch with one of the great guys here? If not please do yourself a favor and do it... it's too hard to go it alone... do you need suggestions of whom to reach out to?

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Re: Learning what to answer
Posted by greenland55 - 22 Dec 2019 13:51

Yes that would be helpful thank you. I need to change my strategy here. Updating this post probably isn't helping at the moment so I will need to do other things. Just had a fall again aso this after shabbos thing is becoming a problem. Video games had something to due with this

time as well. But I think I'll be doing other things for this than posting here for the moment.
Thanks for the help.

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Re: Learning what to answer

Posted by greenland55 - 29 Dec 2019 05:17

Fell yet again. This is pretty serious. Just basically bypassed rather than disabled filters. Being a tech-enabled individual has some downsides.

The only solutions that are going to work for me are physical access control and accountability. Every day that I do not work on those things is a day in which I fall. Need to work on the things for which I self medicate and self discipline.

Also had some alcohol which certainly does not help with decision making and may have been largely responsible for this fall which was on a bit of a whim. I am quitting drinking which is unlikely to be super hard for me since I did it for months on end very recently. Have fallen plenty of times dead sober though.

So:

Get computer away in all circumstances

Get better filters

Stop drinking at all

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Re: Learning what to answer

Posted by DavidT - 29 Dec 2019 16:26

[greenland55 wrote on 29 Dec 2019 05:17:](#)

Fell yet again. This is pretty serious.

So:

Get computer away in all circumstances

Get better filters

Stop drinking at all

@greenland55 we are all in this together and like many others you will get out of it too IY"H.

Please add to your list (to the top of the list) "Get a real *accountability* partner". This will be to difficult to do on your own. The filters are only as good as your WILLPOWER and support from other good fellows...

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