

My new life

Posted by bochur23 - 25 Jan 2022 11:45

I was debating if I should just continue my old thread

(<https://guardyoureyes.com/forum/19-Introduce-Yourself/359379-restarting>), but I decided to make a fresh start.

I've "tried" many times before to fight this, without much success. Over the past year, I've had some better times, but so far nothing lasting.

What's different now is that boruch hashem I have constant access to GYE on a filtered device (until now it was always on unfiltered devices, which is why I didn't visit too often). Hopefully that will help things along, as I'll be able to use all the resources available to help me.

Im yirtzeh hashem I will now be able to update every day, and I plan to do so.

So today starts day 1 of the rest of my life!

Bochur23

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Re: My new life

Posted by bochur23 - 18 May 2022 04:47

Ok, so first day clean, boruch hashem. Didn't really have any urges today, was pretty much busy with things the whole day.

@Shmuel: while this is true, i already have someone whom I speak to openly about this. With his help, I managed to stay clean for a month at the beginning of this year. But it's not helping me now (not sure what the reason for that is). since I need more help, I was thinking of speaking to someone who has experience helping people with this issue (not just a fellow struggler).

I don't know, maybe I don't need that. What do you say? (At this point it doesn't really matter, because I'm not going to approach him myself anyways... So this is just a theoretical question).

@hashem help me: any ideas for a plan?

There are two unfiltered devices in the place I live, one is an old phone which I don't use (I can probably give it to someone to hold for me somewhere else, so that's not the main problem) and the other is a desktop computer.

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Re: My new life

Posted by bochur23 - 19 May 2022 04:40

Day two clean, boruch hashem. Again, was pretty busy throughout the day, didn't really have urges today.

What'll be longer run, I don't know. I'm not really working with a plan right now, so I guess then I do know what'll be ("if you fail to plan, you plan to fail") - But that's up to me.

But I need help. I need to pinpoint where/when/what causes me to fall, and then figure out a system for that. But I haven't been good at "diagnosing" the issue accurately. I can't say what triggers me etc.

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Re: My new life

Posted by TheNextStep - 20 May 2022 08:43

Get a small notebook, or just fold a paper and carry it with you. When you feel tempted, write it down. Eventually you will have a list of things to avoid or work on.

On unfiltered devices. Here is my perhaps controversial perspective. I don't filter anything. I'm trying to develop control, and I am tech savvy enough to get past anything. (I know programming, and have been installing operating systems as a hobby for a decade at least.) I don't want to rush back into the old habit any time I buy a new device before I can filter it. And I know my yetzer hara would jump for the opportunity.

So maybe it's a good thing you have to fight a little. I'm not saying to take off your filter, keep it. My approach is kind of dumb anyway. But maybe your situation is also enabling some growth...?

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Re: My new life

Posted by bochur23 - 20 May 2022 10:21

Alright, I made it to my goal clean boruch hashem! I was out late last night, so I didn't post then.

Anyways, after I reached my goal, once I got back last night, I allowed myself to fall...

I'm going to try to make myself a bigger goal this time, for seven days until next Thursday night (not that I'm planning to fall then chas veshalom).

I'm also going to try what "TheNextStep" suggested, to try to document what triggers me. Thanks for the suggestion!

Regarding your second point: I'm not as tech savvy as you say you are, and I can't get around the filters I have (unless they aren't working, which has happened in the past). So, while obviously filters aren't a solution to the **internal** part of this problem, they do help in the moment to not **act** on it.

at the same time, it's impossible never to be in a situation with unfiltered internet, and I definitely need to work on a strategy for that (even if I wouldn't have an issue currently).

So theoretically would I want to filter that computer? Yes. Practically, I don't have that option, so Hashem's plan for me in this situation is to work more internally and grow from this (which needs to happen anyways ??").

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Re: My new life

Posted by Yissie - 20 May 2022 13:50

Thank you bochur23 for this entire thread. It has been very hard for me to open up even on GYE, and seeing you keep on posting, about the successes and the falls, is a real chizuk for

me. It shows how much you really want to change, and it seems you are doing a great job of it.

Just so you know, when you work on not acting on your problem, it is working on the solution. This is the idea of the 90-day program. It is more effective if you exercise self-control, but the main thing is breaking the habit. Keep up the good work.

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Re: My new life

Posted by TheNextStep - 20 May 2022 14:51

Yes, I agree about filters. I was certainly not saying anything against them I think they are a

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Re: My new life

Posted by taherlibeinu - 20 May 2022 17:01

Thank you for posting your journey. I get Chizuk reading your posts. To be open and honest about ones ups and downs takes real courage.

Whenever i read about Bochorim opening up about this challenge I am so impressed. When i was a bochor i really struggled and apart from the odd good stretch i found it very difficult. Looking back i could have and should have done more..

What you are doing is incredible and so impressive. Hashem should give you extra Siyata Dishmaya to move forward and hoping you can find a way to solve the filter issue! good tool overall but not a complete solution. Just looking for a positive spin

Have a wonderful Shabbos and wishing you much Hatzlocho.

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Re: My new life

Posted by bochur23 - 20 May 2022 23:23

Just checking in before Shabbos, day 1 clean boruch hashem.

don't have time to write more, Gut Shabbos.

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Re: My new life

Posted by bochur23 - 22 May 2022 04:22

Shabbos was nice, and I'm still clean boruch hashem (day 2).

I learned a Dvar Torah that I think is very relevant to this fight, hopefully I'll have some time this week to write it up here.

@Yissie: not sure exactly what you mean.

In other places on the forum, I remember reading about "white-knuckling". Basically you're not acting out, but not working on changing internally either. The point over there was that besides it not working long-run (sheer willpower will eventually weaken), you're not actually changing yourself either. Could be I misunderstood (side point: either way, there is always the value of not having done the ?????, regardless of why), and it does make sense that not acting out does weaken the habit. But the first point is still true - without a plan it (probably) won't last.

and thanks for the encouragement!

Thank you "taherlibeinu" for your words, The encouragement helps me keep pushing.

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Re: My new life

Posted by bochur23 - 23 May 2022 05:18

Day 3 clean boruch hashem. That's where I got to last time, so now starts the part that I'm adding this time.

I'll start the Dvar Torah (it'll probably be in a few sections), I guess either it "talks" to you or it doesn't - take it or leave it.

The relationship between hashem and yidden is likened to a **????** (see **???? ??? ? ???? ?**). The actual self of the person is like a **???? ?????**, while the person's actions are like a **???? ??????** (his actions being the **outcome** of his self).

Now, to actually master one's self - his feeling, his **????** etc - is the definition of a complete **????**, his Yetzer Harah has no control over him, he is completely "owned" by Hashem. Most people are still working somewhat on the practical actions that he does, thoughts that he thinks etc in a constant ongoing battle, and every battle we win is another **???** which is "owned" by Hashem.

The **????** by **???? ??????** is that one can only sell what exists - "**??? ??? ???? ??? ??? ?? ??????**". In this context, this means that since his self isn't completely "owned" by Hashem like by a **????**, one cannot guarantee anything about the future. The only thing we can focus on is the **current** battle going on, and by winning we give Hashem "ownership" over **this** **???**.

When I learned this it immediately struck me as the idea often stressed here about working on **one day at a time**, not focusing on what'll be tomorrow or the next day [Just going to clarify, this doesn't mean not working on a long term plan, that'll be in the next part].

(The above is based on a [Sicha](#) of the Lubavitcher Rebbe **???? ???? 1985**).

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Re: My new life

Posted by bochur23 - 24 May 2022 11:22

So...

I made it to 4 days clean (more than last time), but I fell late last night, so I didn't make my goal of a week.

I needed to stay up late to do laundry, and once I was up late alone, after hours of pushing it off, I ended up falling. I don't know how to define the "trigger" over here (thanks "TheNextStep"), but I guess being alone late at night isn't a good situation in general (This should've really been obvious, but whatever).

I'll have to be more strict on this (and regarding this specific situation, make sure to do my laundry during the day...). Now I just need to remember this lesson and act accordingly with no exceptions.

My new goal is going to be until the end of Erev Rosh Chodesh, so 7 days (again...)

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Re: My new life

Posted by Bilaam Harasha to Yosef Hatzaddik - 24 May 2022 15:30

@hashem help me: any ideas for a plan?

There are two unfiltered devices in the place I live, one is an old phone which I don't use (I can probably give it to someone to hold for me somewhere else, so that's not the main problem) and the other is a desktop computer.

I have some nice solutions for you that should be able to help even if you're in a sensitive situation. Do you have a friend that you speak with about this issue? If you do, he'll make the perfect person to set as the family organizer. I had my mom set as the organizer before but she didn't really help because she would let me change the filter settings when I asked, even though I told her about the issue. My friend, who's my new family organizer, is a lot better and he's been helping me a lot.

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Re: My new life

Posted by bochur23 - 25 May 2022 03:45

Back to day 1 clean boruch hashem. I noticed that after my last two falls I didn't have any difficulty restarting right away, which is something I struggled with in the past. It might have

been just a technicality, but I hope I'll be able to get back up like this if I ever fall "?"?

Part 2 of the Dvar Torah:

There is one way to get around the above-mentioned rule ("??? ??? ????? ??? ??? ?? ?????") - by selling the ??? ????????, meaning he sells the ??? only in regards to acquiring it's ??????. What this represents in our context is that even if a person isn't holding at the level where his ??? ??? control his self completely (like the total devotion of a ?????), nevertheless his ??? ??? still does have somewhat control over his self - at least regarding his actions practically. Therefore, he can "guarantee" that his actions will be ????? to Hashem, even if his self isn't completely.

[This is a bit hard to explain clearly without seeing the sources that are brought in the footnotes, but I think this is enough for what I'm trying to get across].

This is more of a stretch than the previous lesson, but once I was thinking along these lines this is how I understood it: although we are regular human beings who still have ????? urges etc, nevertheless by working on having the right mindset and making the right plan we can (almost) be certain not to fall and act out.

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Re: My new life

Posted by Hashem Help Me - 25 May 2022 11:24

[bochur23 wrote on 25 May 2022 03:45:](#)

Back to day 1 clean boruch hashem. I noticed that after my last two falls I didn't have any difficulty restarting right away, which is something I struggled with in the past. It might have been just a technicality, but I hope I'll be able to get back up like this if I ever fall "?"?

That's a great sign of change. Many guys when they fall, they binge - acting out numerous times, and resurface a few days later. A direct result of the "throwing in the towel" yi'ush, coupled with viewing one's self as a loser/rasha.

Deciding "I am a good guy with a bad habit", and "I see guys have BH made it out - i will too b'ezras Hashem", help make that first subtle, but major change, that is step one in getting clean.

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