

small steps

Posted by sgmm - 11 Sep 2023 18:16

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Was just thinking as this is not my first or second attempt at breaking free maybe in the spirit of elul I can record the small victories daily

because these never go away

for me today when I was home alone (which has always been a trigger) i loaded a youtube (clean) vedio and shut it so i wont spiral

anyone else

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Re: small steps

Posted by chaimoigen - 12 Sep 2023 02:30

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[sgmm wrote on 11 Sep 2023 18:16:](#)

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I try to avoid YouTube like the bubonic plague. Because there are so many videos that are helpful/interesting/unproblematic it is SO easy to go from one to the next. So I don't go there, unless there's something very specific I need. And I don't watch the next one. All my devices except one can't get it. It's a personal Geder, but I am sharing, because it has helped me tremendously.

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