

Trueme

Posted by trueme - 23 May 2025 01:38

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Hi.

I have a story, but Im not ready to share yet.

Right now I want to focus on trying to not watch innapropriate material, including P and doing M.

This is not who I am and although I have struggled on and off for a while, I want to end it.

I appreciate all encouragement.

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Re: Trueme

Posted by adventurousjellyfish - 23 May 2025 02:22

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Trueme, I like your courage. I gave you a Karma point. How do you feel in general, outside of P&M. I can try to make you happier. Just you showing up here is greatness. I like hanging out

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Re: Trueme

Posted by trueme - 23 May 2025 02:56

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Thank you AJ (For short) I feel not productive. If I get rid of internet distractions, then with Hashem's help, I can be more productive. I look to the internet as an escape activity, and Im running myself into a rut. It really needs some background explanation, but Im just not ready yet to share. I just feel Im a mini version of myself - not even that - because of my poorly used screen time.

Does that make sense?

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Re: Trueme

Posted by trueme - 23 May 2025 03:08

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Also, something Im observing is that it seems from different posts that Im reading that even people that can be clean for not "just" months but even years can fall right back into this mess and even worse than before. It seems like something you can never let your gaurd down from. Like no one is ever immune or even should feel confident about these things. The more fences and gaurdrails, the better.

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Re: Trueme

Posted by vehkam - 23 May 2025 03:20

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[trueme wrote on 23 May 2025 03:08:](#)

Also, something Im observing is that it seems from different posts that Im reading that even people that can be clean for not "just" months but even years can fall right back into this mess and even worse than before. It seems like something you can never let your gaurd down from. Like no one is ever immune or even should feel confident about these things. The more fences and gaurdrails, the better.

One can feel confident as long as one is not complacent.

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Re: Trueme

Posted by adventurousjellyfish - 23 May 2025 03:57

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You are so appreciative trueme! You can definitely have my listening ear. So you feel unproductive, gotcha. How are you productive? "With Hashems help" I like the way you talk. You don't have to share anything, that you aren't comfortable with. My email is [ilowx9@icloud.com](mailto:ilowx9@icloud.com) if you want to reach out. Instead of doing "distractions" you can take advantage of me. Besides for nice fences and guardrails. Maybe turn on a generator. To give you strength and help you tremendously. It's great to hear you my friend. I hope I have been a

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Re: Trueme

Posted by trueme - 23 May 2025 20:10

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I'd like to keep "prodcutivity" as general.

Spiritual and "mundane" goals.

Day 1 so far clean

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Re: Trueme

Posted by adventurousjellyfish - 23 May 2025 20:24

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Re: Trueme

Posted by trueme - Today 01:56

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So far no falls.

A slip on Day 2.

By me not having access to YouTube is important.

Anyone here struggle with that? YouTube for entertainment and falling into innapropriate stuff?

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Re: Trueme

Posted by ?? ????? - Today 02:18

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Good luck then

Oh yes, I can relate to it to much, blocking access to it is a tremendous move to the right direction

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Re: Trueme

Posted by adventurousjellyfish - Today 04:20

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. It's good to hear you trueme. We need to make sure you are happy.  
Good luck!

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It's good to see you trying