

victory

Posted by rashkebehag - 06 May 2009 21:15

I have struggled my whole life. not with extreme addiction but always was tempted to peek into books in drug stores or magazine stands, i never bought anything but the peeking and looking was a terrible experience. When i heard of the internet and its dangers it only made me curious. When I got internet The dam burst. Again, I never downloaded any thing but whatever was free i would look at and I learnt a lot of disgusting things. I tried Covenant Eyes and it helps but i lie to my partner that is was one of my workers etc. there have always been ups and downs in my struggle. Recently my son brought home a book about shmiras enaim and I read it and got a lot of chizuk. Then I discovered this site. So, with both things together and covenant eyes I am pretty clean now and don't even feel the pull. of course one is never free and can always fall but right now i feel no urge to click on to any thing bad. I have subscribed to the chizuk line that u email and i read it every day. you bring down amazing things. yasher koach

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Re: victory

Posted by rashkebehag - 29 Nov 2009 16:54

I guess I am not good at this, I tried to update the chart. I want to start again at Nov 20. Did I forget the password or something? I thought we all have the same password: GYE I dokn't want recorded that I had a fall, that's not it. i want to have 90 days recorded on a new level. no slips, and no pull . the fact that I am in contact with you actually takes away the YH

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Re: victory

Posted by Kedusha - 29 Nov 2009 18:13

Jack has pointed out how helpful it is to get to 90 days without any slips - how much easier it makes things for the long term.

Chazak v'Ematz!

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Re: victory

Posted by rashkebehag - 29 Nov 2009 18:41

Thanks, Kedusha. Where is Jack's post about this? I want to read it. I know it will help be be extra vigilant

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Re: victory

Posted by Kedusha - 29 Nov 2009 19:10

I'm not sure, but here's the link to his thread, which should give you much Chizuk in any event.

Please let me know if you find where he talks about how helpful it is not to even slip during the 90 days.

rehab-my-site.com/guardureyes/forum/index.php?topic=36.0

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Re: victory

Posted by rashkebehag - 30 Nov 2009 16:55

I read his piece and found what you are writing about. the thing about these posts that i read, is when i read other people's horror stories I can't really relate to them fully because i was never hooked on real hard core p----- . Nor did I ever m------. I did see inappropriate material and i have found pleasure in that and do have a YH to see women in compromising positions and attire or the lack of. But I have never descended to real terrible sites and sights. I never let these things take over my life. I am addicted and thank Hashem that it hasn't gone further and it is only through this site and this forum that I have been able to be at this point that I am now and really feel bad about all the years that I have wrestled with it without success. But, like I said, reading other stories makes me think I am a ???? and that for sure is not true. I enjoy when others discuss with me the struggle that we are all in, it helps me overcome mine. I used to peek into the covers of magazines in newsstands as I walked by. than when I got Internet I stopped because I had more availability this way. Now that I stopped using the computer I feel the urge more when I walk by a newsstand but I restrain myself because I don't want to lose the 90 days. So, I am addicted but in a light way if there really is such a thing.

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Re: victory

Posted by Dov - 30 Nov 2009 23:14

Am I a tzaddik for not shooting myself in the head by looking at a magazine rack? Or am I just not a dummy? I choose the latter. Halevai Hashem should call me up after 120 and announce in shomayim: "here comes dov...and he's no dummy!"

Thanks, I loved writing that, rashke....

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Re: victory

Posted by rashkebehag - 30 Nov 2009 23:25

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[dov wrote on 30 Nov 2009 23:14:](#)

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Re: victory

Posted by rashkebehag - 09 Dec 2009 04:23

I had a scare this week and feel it should be known for others to watch out. I bought a used Ipod and when it arrived it came with Utube on it and access to internet [i]**with no filter**[i] [/i] I thought I was in for it so I quickly asked someone more savvy than me what to do about it. He blocked the Utube and removed the Safari which is the internet and put on Bsecure which is internet with a filter. Plus, he put on a password which only he knows so that I can't unblock whatever he blocked for me. I can breath easier now.

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Re: victory

Posted by Kedusha - 09 Dec 2009 04:29

[quote="rashkebehag" link=topic=466.msg33381#msg33381 date=1260332622]

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[/quote]

You had me there for a moment, Rashkebehag. I thought you meant that something REALLY scary happened, such as . . .

YIKES! AN UNFILTERED IPOD??? SCARY ISN'T EVEN THE WORD! :o :o :o

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Re: victory

Posted by silentbattle - 09 Dec 2009 06:24

That's another thing i love about this site - different levels of addiction, different types (levels) of aveiros - but everyone helps each grow! Yeah, it could be easy for every person in their own way to look at others and breathe a sigh of relief. And I'm pretty sure that ANYONE here could find some way that they're "not as bad" as other people. But we don't, and I think that's incredible. Instead, we use each other's stories to help promote even more growth.

Thank you for pointing that out!

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Re: victory

Posted by Dov - 10 Dec 2009 18:23

[silentbattle wrote on 09 Dec 2009 06:24:](#)

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Thank you for pointing that out!

Nice point! It *is* a beautiful place here! It's actually a basic yesod of AA.

You can find the idea in Igerres haRMB"N, sort of. In the B'nei Yisoshers' sefer on kavonoh in mitzvos called, "Derech Pikudecha", he describes an inyan and goes out of his way to suggest it as a tool for how to judge ourselves as lower, in certain respects, than another yid who we know is still being mezaneh, *even though we are clean of z'nus*. Obviously, we are not to feel any bit above anyone else. The trick is to *do* it.

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Re: victory

Posted by rashkebehag - 10 Dec 2009 19:22

The Ramban is talking about seeing each person as better than you in some way, which is a beautiful thought

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Re: victory

Posted by fightingyyid - 10 Dec 2009 22:27

[quote="rashkebehag" link=topic=466.msg33381#msg33381 date=1260332622]

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[/quote]

Thank you very much for this info! and thank you GYE for sending it out as a daily tip. although i am bh computer savvy i was in a big quandary as to what to do with my iphone and the yetzer hara stopped me from this simple solution.

Tizku lemitzvos!

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Re: victory

Posted by rashkebehag - 17 Dec 2009 17:01

(Rabosai! I have fallen. I was doing so well, had no pull whatsoever and then i tripped upon a site that the filter let through and I lost control. My ipod filter did catch that site, boruch Hashem. After so many weeks and months. I guess I was being too smug and complacent. Anyway, with the help of the filter gabbai I adjusted the filter to block that site and I am in business again. I also think my mistake was that I didn't visit this site for a while. So. i wouldlike

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to hear from all my freinds.