

Question in counting

Posted by stayrein - 26 Oct 2012 00:58

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I was able to count three weeks clean, never felt better in my life, only because I knew I was clean. Nothing feels better.

The other day I slipped while I couldn't fall asleep. I don't want to have to start counting again, as it feels endless. Is there some sort of grace or leeway that I could have.

I would feel better if I knew I could keep on counting with one strike.

It's like points on a license.

I just don't think I will be able to get to completely clean without a few slips.

Also if anyone is looking for a partner/sponsee i would be glad to have some extra support.

Thanks in advance.

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Re: Question in counting

Posted by nederman - 26 Oct 2012 02:08

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You can count the behaviors if you like that better. On a smartphone you can count each time that you feel like thinking about sex and you go do something else instead, even if two minutes later you do think about it. The reason it has value is because when you see that big count you get hope. With hope repeating that becomes a lot easier.

Do not count the behaviors that you do not want to reinforce.

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Re: Question in counting

Posted by Machshovo Tova - 26 Oct 2012 14:06

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[stayrein wrote on 26 Oct 2012 00:58:](#)

...The other day I slipped while I couldn't fall asleep. I don't want to have to start counting again, as it feels endless. Is there some sort of grace or leeway that I could have...

Welcome chaver!

If you want to go by the GYE rules, you need to read the rules for the 90-day chart. A slip allows you to continue counting, a fall requires you to reset your counter. See the rules for definitions of slips and falls.

Hatzlacha & have a Holy Shabbos,

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Re: Question in counting  
Posted by Machshovo Tova - 26 Oct 2012 14:42

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[Machshovo wrote on 18 Oct 2012 18:45:](#)

*From the 90-day rules:*

What constitutes a "Fall" to require restarting the count?

There are "slips" and there are "falls". "Slips" do not require restarting the count. "Falls" do

require restarting.

A "Fall" is one of the following things:

- 1) Intentional masturbation
  
- 2) Intentionally viewing improper sites
  
- 3) Intentionally calling inappropriate telephone numbers
  
- 4) Intentionally seeking out and reading erotica
  
- 5) Worse things, which I need not mention.

In regard to number 2 (and 4), if someone saw something by mistake and then got a little bit carried away and kept looking at it, or even if someone saw a link and couldn't resist clicking on it but then catches themselves within a few seconds, that would only be considered a "slip", not a "fall". However, if someone decides to actively pursue viewing bad sites chas veshalom, that would be considered a FALL and require a restart of the count (by letting us know).

Also, each person can set their own criteria for what they consider a "slip" for themselves. But as long as they did not do one of the 5 things above, they can stay on the chart if they want.

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Re: Question in counting  
Posted by gibbor120 - 26 Oct 2012 14:47

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Don't get too caught up in counting. Worry about making today count.

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Re: Question in counting

Posted by stayrein - 30 Oct 2012 23:33

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Thank you guys for all the input,

I guess it makes sence.

B'h I'm 2 days clean, which is after a three week period, but I didn'tbinge which for myself is what really counts.

Thanks again for the support.

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