

Group 196

Posted by the.guard - 09 Dec 2016 12:50

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Hi Guys! Welcome to group 196. The members of this group are:

- quiet
- Mober
- hopeful
- shua73
- Happydays
- will Succeed Beh
- Jacobinthewomb
- LifneiHashem
- Baruch\_Hashem
- vmoshe
- failedregent
- Shzal
- Hbowman
- AllForHashem
- new leaf See [this page](#) for more details on the goals of these groups.

For best chances of success, everyone needs to try and fulfill certain conditions. [See the conditions here](#).

So who will be the first to volunteer to lead this group? Post below and let's get the party rolling!

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Hatzlacha!

P.S. We are looking forward to hearing feedback from y'all about ways to make the group idea even better. Write to us please at: [eyes.guard@gmail.com](mailto:eyes.guard@gmail.com).

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Re: Group 196

Posted by shua73 - 13 Dec 2016 03:16

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I just feel like a troll waiting for someone to post on the forum. Its tough having so much to do that you just want to not even start. Do you find that after 100 days you have more motivation and dedication to things. Meaning do you find that are more motivated and can stay motivated even after a while for things that you have to do in general? Do you feel that you develop an ability to make more long range choices after you are clean for longer?

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Re: Group 196

Posted by LifneiHashem - 13 Dec 2016 03:19

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Sorry can you clarify the question? What do you mean by long range choices?

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Re: Group 196

Posted by quiet - 13 Dec 2016 03:21

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**One day at a time** (do not think about long range)

(though I just hit a week myself)

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Re: Group 196

Posted by quiet - 13 Dec 2016 03:25

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Thank you to whoever gave me that Karma point. If you can identify yourself (through PM at least) so I can thank you. That is one of the nicest things that every happened to me on GYE. Maybe I will stick out actively posting for longer than the last 2 times when I eventually quit.

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Re: Group 196

Posted by shua73 - 13 Dec 2016 03:27

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I mean the ability to choose between something that is easier but less beneficial in the long run and something that is more difficult but will ultimately be better in the future. I am asking not necessarily in terms of self control but rather personally when I am feeling lustful or whatever word you want to use, I don't even see the 2 options. I need to take a step back in order to realize that I even have 2 options. So I'm asking if you feel that you have more clarity in a non porn situation because you have grown and developed your mind to be able to take a step back when confronted with something that you want and to be able to stop and say hey maybe that's not the best choice maybe I have another smarter and better choice, and to be equipped to actually choose that alternative.

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Re: Group 196

Posted by shua73 - 13 Dec 2016 03:31

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Agree 100%. It's good to know someone cares and here's one for making me feel good too

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Re: Group 196

Posted by quiet - 13 Dec 2016 03:33

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[LifneiHashem wrote on 12 Dec 2016 01:14:](#)

[quiet wrote:](#)

I think I will start with the first non-introductory/initial discussion post. It says to make an effort to post a week so I will IYH endeavor to do so. I have been with GYE longer than most of you (since 2009) and I started posting at 2 different periods of time and then I felt burnt and removed all of my posts. I am hoping for greater success with a smaller group.

Today I am 5 days clean. A drop in the bucket for many of you, but of great significance to me. Not only have I not fallen for 5 days, I have not seen reason to request my K9 password from my shomer to unblock me. I am at this stage where I am losing interest in the waste of time geshmack pornography is taking away from me and although I am sure this alone is not sufficient, it is significant.

Thanks for the share. I'm new to GYE (signed up in Elul) and have found that reading other people's stories has been a strong motivating factor in staying clean. I'm curious why you would remove your posts.

I was hurt and angry and felt GYE could do nothing for me and I was made to feel like I tainted GYE so I went ahead and removed every post I had every created so I could feel that I no longer soil the GYE soil. I did this once, started again, did it (remove posts) again, and now I am 'joining' GYE for the 3rd time.

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Re: Group 196  
Posted by shua73 - 13 Dec 2016 03:33

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Agree 100%. It's good to know someone cares and here's one for making me feel good too. I appreciate it.

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Re: Group 196

Posted by shua73 - 13 Dec 2016 03:36

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I did that but only once. I decided that I was going to start again fresh so if I removed everything and began again I'd be a new person. It was just a coping mechanism for me I think but honestly I don't think it matters anymore since I'm not there I'm here wherever I got up to now so then isn't really important.

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Re: Group 196

Posted by quiet - 13 Dec 2016 03:44

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[shua73 wrote on 13 Dec 2016 03:27:](#)

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I know you were not asking me, but I think it helps to have a third choice. Obviously porn vs. learning a blatt of gemara, learning will not always win. I think it helps to identify something you have pleasure in that is less (sinful) than porn. Perhaps treating yourself to pizza, watching a movie or some other form of entertainment, even if not kosher but at least more desirable in the long run than a fall. If one of these lesser evils can be enjoyable enough for you to stop porn, you can continue improving the quality of your choices.

While I am on a tangent, I tried forcing myself to make a donation next time I fall. As the calendar ends and I have run out of maaser and the paperwork involved in document tzedakah, porn became less desirable.

If I fall, I must turn OFF my computer for X hours.

If I fall, I will not ask my shomer for my password for 2 days and be unable to finish the series I was watching (that one really worked)

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Re: Group 196

Posted by shua73 - 13 Dec 2016 03:55

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[quiet wrote on 13 Dec 2016 03:44:](#)

[shua73 wrote on 13 Dec 2016 03:27:](#)

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Well for those of you that have been in law school can relate. But when I'm in school it's more like I don't have enough time to study even if I tried so why even start? That compounded with ADHD and a wife and kids makes things quite hectic. But speaking for myself, I appreciate the fact that I'm part of a group on the forum. I don't live near any of the people that I knew when I was growing up and although extremely sociable have no time to spend with anybody since everyone is usually working. Even more so I am always studying. The ability for me to feel like I have a group (albeit with a bunch of faceless individuals) is making me feel important for lack of a better term. So thanks guys. I'm curious if this is just my feelings or if anyone else feels this way too. Answer if you want and aren't embarrassed.

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Re: Group 196

Posted by LifneiHashem - 13 Dec 2016 04:10

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Re: Group 196

Posted by shua73 - 13 Dec 2016 04:40

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[LifneiHashem wrote on 13 Dec 2016 04:10:](#)

[shua73 wrote:](#)

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when confronted with something that you want and to be able to stop and say hey maybe that's not the best choice maybe I have another smarter and better choice, and to be equipped to actually choose that alternative.

It's difficult to give a straight answer because i don't really view it as making a choice. One of the things I've learned (and try to internalize) from GYE is that instead of choosing the right path and fighting to win against strong desires (white knuckling) I need to work everyday on turning to Hashem and telling Him that I cannot do this. I cannot beat this desire. It is stronger than me. I am aware that I really am not in control, and I need Him to take this from me, to fight this fight for me.

Disclaimer: I am a bunny slopes novice with these concepts and perhaps Cords our esteemed moderator could better explain it, or someone else.

Regarding affecting other decisions in my life, I would say yes it has affected other areas mostly because I find myself talking to Hashem more often during the day which generally helps make better choices.

I guess I'll just have to wait and see. It may be that my struggle is different than yours or other people's struggles. I agree with what you're saying about putting your faith in Hashem. However, I find that it's not necessarily white knuckling for me. Rather I am impulsive and get it in my head that I really want something and I give in and over time I give in more and more until I decide that I've already fallen so porn is fine and I really fall. Therefore, I was saying that my experiences are that the less I give in to my impulsivity for porn the more equipped I am to be less impulsive regarding other things also.

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Re: Group 196

Posted by shua73 - 13 Dec 2016 06:28

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I have been checking around on the forums and there seems to be a difference of opinion as to whether I should just somehow give up myself to hashem since I can't function anymore as is or is it possible to cut back and slowly grow and get rid of the problem. I am not claiming to be anybody's Rav but I wanted to hear the group's opinion on it. Personally, I think that if you read the book the first day of the rest of my life (downloadable on gye's website) you will find that both potentially work and it depends on the individual person. What are your thoughts? Can you help me clarify this better? The just give up idea is hard for me to relate to since I am not looking at porn so much that I could honestly say that it's unbearable. I think that a large part of it is that as frum Jews we know that it's wrong however it is very tempting and addictive to look at porn and to mzl. But just giving up is not gonna work if your main reason for wanting to quit is to do what's right not bc it's unbearable otherwise. I therefore think that there are those that would benefit more from focusing less on always being careful to not look and so on. I find that the



more I think about not falling the faster I fall. However when I have other things to do I have a much easier time staying clean. Also a main trigger for me is being tired as I am much more impulsive when I'm tired. In sum, it appears that for some people the more they focus on it, the more they have it in the forefront of their mind and are more prone to falling.

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