

I'm Back!

Posted by DeterminedtoWin - 04 Jul 2019 23:25

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Hello everyone,

It's been a very long time since I've posted or even looked at the forums. The time has come that I've decided I must get involved again if I want to really break free from the addictive and destructive behaviors that keep returning no matter how much better I think (or wish) I am doing.

I joined the GYE program almost a year and a half ago and have grown tremendously from it. I was zoiche to experience the taste of freedom with a streak ending in the 150's. However, once I broke my streak a bunch of months ago it has been off and on ever since. I think that I've been telling myself, "Look, now I know that I can stay clean if I want to and that this doesn't count. I will go back to leaving it all behind one day again, but for now just this once." I still tried to stay clean but would keep falling every few weeks and began to care less and less, always telling myself that I can get clean again and that one day I'll go back to it for real. I've been suffering from a serious case of doing these things so often "na'asa lo k'heter".

I'm not sure what clicked, but now I finally decided that I want to go back to it for real. I very much want to go back to really making it happen and working hard on getting and staying clean for good. I know that when I was involved on the forums it was much easier. I didn't feel as alone. Yes, I do have a partner and a sponsor but I have been feeling too ashamed to give them ) and I've come to realize that at the end of the day, "ein hadavar talui elah be."

The problem is that life is so busy and it's not easy to find the time. I am now determined to find the time at least once a week or every other week to visit the forums and get involved again. Also, now that I am being more open with my partner and sponsor it can be easier to stay more in touch with them. It's not easy to admit that I haven't managed to really stop these behaviors but I think it's worth the embarrassment. I also feel bad and hope that I'm not making them meshuga with all my updates and check ins. Life is busy for all of us.

Bottom line - I hereby am reigniting my determination to get clean and be"H will be zoiche to kick the destructive habits once and for all!!

Thank you all for being there,

DeterminedtoWin

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Re: I'm Back!

Posted by DeterminedtoWin - 14 Mar 2021 17:45

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B"H had a really nice Shabbos. Looking forward to a terrific week!

Super busy at work and just as busy at home getting ready for Pesach.

Reminding myself to not go anywhere on my computer that I would not want my wife to see and to continue staying connected and posting daily updates on my thread.

A Gutten Choidesh!

DeterminedtoWin

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Re: I'm Back!

Posted by DeterminedtoWin - 16 Mar 2021 21:07

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Yesterday my filter went down. I struggled to stay in control and was able to restart my computer (which fixes the filter) before getting into too much trouble. However, once I was thrown off and triggered, I lost myself down the path of lust and lies. I was just going to "take a peek" at some of the stuff that I was still able to access even with the filter (not sure what I was thinking - I wasn't!) but after a few minutes it got more and more grey if I was just slipping or actually falling so I just threw in the towel and gave up for the day.

Part of me wants to make a huge deal about the fall. I just fell a few days ago and have lost the geshmaka feeling I had when I was up in the 50s the other week and climbing my way back up to rubbin' shoulders with the big GYE veterans. (Of course living bkedusha - in line with the life I want to be living - felt amazing, but there are these feelings too. Just being honest...) I was feeling so proud of myself and now I am dealing with the shame and guilt that comes from giving in to such stupidity, especially since I have all this accountability. Looks and feels pretty bad...

On the other hand, I think I'm better off not making such a big deal and just focusing on getting back in the game again. I was in contact with my partner (maybe a mentor by now) and made up to keep daily contact at least until Pesach. I also contacted Gentech to try blocking this issue yet again (I already tried a few times and it hasn't worked) and b"H it finally worked this time!

So... I'm just going to tuck in my tail, deal with the shame and embarrassment, and have a little bit of chutzpa to just get right back in there and keep going. B"H today is going well. Stay tuned for my continued daily posts be"H and may we all be zoiche to truly purge ourselves from all of our personal "chametz"!

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Re: I'm Back!

Posted by Striving Avreich - 16 Mar 2021 22:47

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[Grant400 wrote on 10 Mar 2021 14:35:](#)

[starting wrote on 10 Mar 2021 12:40:](#)

OK I'm back

Still challenging, still struggling, still fighting but now I once again feel like it's not worth falling again.

So hard, sometimes feels like it's not worth fighting and sometimes feels like not worth having another fall under my belt.

Fighting it out is a momentary pain while falling is a longer-term pain.

So not much choice...

3 days clean b"h

Please, please listen to me my friend. I know the exact feeling you have right now. The desire was so overwhelming that it caused all other consequences to pale in comparison. After the deed, you feel so horrible, you say to yourself, it is clearly not worth this pain! Enough is enough! Then it slowly starts to fade and the circle starts over.

I did the following, as you can see in my thread. I wrote down my feelings after a fall as clearly as possible, when I had the clarity from feeling horrible after. While experiencing the pain, guilt and self loathing that came along with that small dose of pleasure that seemed so desirable minutes before, I wrote it all down.

MANY times when consumed by desire, I read the feelings i penned after my prior fall and it brought back that clarity.

Please write down the way you feel and post it. It will do wonders if used properly.

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Re: I'm Back!

Posted by Striving Avreich - 16 Mar 2021 22:51

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Techloq is an excellent filter and their support staff are superb and quick

[eyes wrote on 09 Mar 2021 14:54:](#)

Dear Testero,

Its Eyes Again.

Please call techloq and ask to speak to Aaron Frand. He is a tzaddik in our generation. He

understands us guys and wants to help.

?He will not leave any loopholes. call you will see good results

We are rooting for you

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Re: I'm Back!  
Posted by BHYY - 16 Mar 2021 22:58

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[DeterminedtoWin wrote on 16 Mar 2021 21:07:](#)

Part of me wants to make a huge deal about the fall. I just fell a few days ago and have lost the geshmaka feeling I had when I was up in the 50s the other week and climbing my way back up to rubbin' shoulders with the big GYE veterans. (Of course living bkedusha - in line with the life I want to be living - felt amazing, but there are these feelings too. Just being honest...) I was feeling so proud of myself and now I am dealing with the shame and guilt that comes from giving in to such stupidity, especially since I have all this accountability. Looks and feels pretty bad...

I know **exactly** how you feel. The same thing happened to me. Just take it slow and try not to think about it (it's hard...I know). Just be honest with yourself, it's okay to feel disappointed. But don't let that disappointment define who you are. You are a tzaddik!

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Re: I'm Back!  
Posted by DeterminedtoWin - 17 Mar 2021 00:05

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Thanks chevra for the chizuk. B"H had a great day and feeling good. Be"H it will continue!

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**GYE - Guard Your Eyes**

Generated: 14 June, 2021, 14:57

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Re: I'm Back!

Posted by DeterminedtoWin - 18 Mar 2021 00:06

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B"H I had a great day today. Very productive!

Be"H tomorrow will be another great day of living it up!

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Re: I'm Back!

Posted by DeterminedtoWin - 18 Mar 2021 15:40

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Just watched the video explaining the upcoming new and improved GYE 2.0. Sounds amazing!  
Very much looking forward!

Unfathomable zechusim for the people behind all of this - and for all those that are using what is being offered to grow in these inyanim.

The plan is for GYE to be the Hatzalah, Chaverim, etc. of Klal Yisroel for these struggles.  
Amazing!!

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Re: I'm Back!

Posted by DeterminedtoWin - 18 Mar 2021 15:42

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The plan is for GYE to be the Hatzalah, Chaverim, etc. of Klal Yisroel for these struggles.  
Amazing!!

**GYE - Guard Your Eyes**

Generated: 14 June, 2021, 14:57

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(It totally already is just not as widespread and out in the open yet.)

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Re: I'm Back!  
Posted by Changing - 18 Mar 2021 19:19

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[DeterminedtoWin wrote on 18 Mar 2021 15:40:](#)

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The plan is for GYE to be the Hatzalah, Chaverim, etc. of Klal Yisroel for these struggles.  
Amazing!!

Can you please post a link to the video? thanks!

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Re: I'm Back!  
Posted by HappyYid - 18 Mar 2021 19:35

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[Changing wrote on 18 Mar 2021 19:19:](#)

[DeterminedtoWin wrote on 18 Mar 2021 15:40:](#)

Just watched the video explaining the upcoming new and improved GYE 2.0. Sounds amazing!  
Very much looking forward!

Unfathomable zechusim for the people behind all of this - and for all those that are using what is being offered to grow in these inyanim.

The plan is for GYE to be the Hatzalah, Chaverim, etc. of Klal Yisroel for these struggles. Amazing!!

Can you please post a link to the video? thanks!

Here.

<https://guardyoureyes.us2.list-manage.com/track/click?u=91d58058bb1a1a0123ffad68d&id=1b1f887f87&e=777461af3e>

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Re: I'm Back!  
Posted by DeterminedtoWin - 19 Mar 2021 19:13

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Things have been really busy and all over the place the last couple of days, between Pesach prep, work, and technical issues with phones and stuff (nothing to do with internet) but b"H doing great as far as feeling clean and connected! Looking forward to a wonderful Shabbos!

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Re: I'm Back!  
Posted by DeterminedtoWin - 21 Mar 2021 19:08

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B"H doing great!

Super busy so no time for lengthy posts.

Have great week!

Pesach bkedusha here we come be"H!!!



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Re: I'm Back!  
Posted by DeterminedtoWin - 22 Mar 2021 22:40

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B"H going strong! Chasdei Hashem I've been feeling connected and in the zone!

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Re: I'm Back!  
Posted by Realestatemogul - 23 Mar 2021 04:37

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Keep up the great work!!

Happy to see you are in the zone!!

A Post a Day can keep the yetzer hara away!

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