

Diary and thoughts

Posted by battle-of-the-gen - 21 May 2020 16:15

Hey,

So I've been on and off GYE for a year and halfish and have had varying levels of success during my tenure(anywhere bet a week to a month).

What I realized recently was I never actually sat down, read and processed the GYE handbook. So I've decided to commit to a daily reading of the handbook and eventually formulate a plan to making a lasting change.

In this thread I'm going bzh log my daily encounter with the yetzer hara and mention the part I've read of the handbook with my ?????(thoughts) on them. If anyone would like to add their own ideas on the piece, please do so. I'm going to do a faster more cursory read of the book first time(just to get the full picture) and then I'm going to go back a second time and read it slower and implement the tools.

Hopefully, thinking about it, rewriting on the thread, and shmuzing with GYEers will help me internalize it and have a lasting impact.

If anyone has any advice, tips, or tools on how I should go ahead and do this, I'd greatly appreciate it. Feel free to reach out on the thread, PM, or email(boftheg1@gmail.com). I'd also be interested in shmuzing on a daily basis.

Beshem hashem naaseh venaatzliyach

=====
=====

Re: Diary and thoughts

Posted by battle-of-the-gen - 28 May 2020 02:39

BH today was a busy day, so another clean day. That gives me a week. BZH to many many more.

One thing I'm noticing that's a little different than my clean streaks in the past(and stam even when I was falling), when I do go outside I find my eyes wandering more than usual. Until now I've never struggled SO badly in the streets(whether I was clean or watching porn). It was always something in the back of my head. But now, I think because I'm really focusing on beating it and not watching porn, my eyes are more "aware" of their surroundings outside. BH I have been able to keep it in check and more or less avoid that 2nd glance, but it was never like this.

=====

====

Re: Diary and thoughts

Posted by Hashem Help Me - 28 May 2020 03:14

Wrote a long response and lost it.... Here is a short recap:

The subconscious is not so happy at your decision to provide these "pleasures" to your mind and body. It rebels when it has some control - sleep time or "space out" time. Hence, the noticing of triggering sights as you casually walk down the street when being not particularly focused on anything specific. Ignore it and it will iyh recede. As you wrote, it is the second look that is assur. Noticing is not included in "v'lo sasuru". What you are experiencing is normal and to be expected. Hatzlocha!

=====
====

Re: Diary and thoughts

Posted by battle-of-the-gen - 28 May 2020 03:21

Continuing in the 3rd tool: Ingredients for long term shmiras einyayim *Mekadesh*(its a acronym)

K- Knas

?Unfortunately inspiration fades. What we felt so strongly, starts slowly becoming a memory. And lust is a beast. Never gives up. Waiting on that opportunity to jump us. But BH we always remember the value of \$. Or pain. Or the lack something good that we're used to. Thats the idea of knas. You may begin thinking "oh i can get away with that look" or "the 2nd look was really "by mistake""(we've all been there lol). A knas can keep you in check. Nope you cant get away with that. Pay up. Or flick that rubber band. Or whatever works.

D- Daven

Pray. Always pray. No further explanation needed.

SH- SHmira

Even with everything else in place, if were surrounded by triggers we're battling a uphill battle. Be shomer and be aware. Make sure to be careful what your going to be watching or the potential dangers of where your going.

=====

====

Re: Diary and thoughts
Posted by battle-of-the-gen - 28 May 2020 03:40

@HHM thanks, kind of a relief knowing it'll subdue eventually, cause it's getting annoying. Like I'd be spazing out a bit, then all of a sudden my heads turning around and I'm like- wow, hold up. When did I start looking at that? I'd like to walk in the street without being challenged every 2 seconds. Also I guess stam, with the weather getting better I gotta be more careful outside.

=====
====

Re: Diary and thoughts
Posted by Hashem Help Me - 28 May 2020 03:53

[battle-of-the-gen wrote on 28 May 2020 03:40:](#)

I guess stam, with the weather getting better I gotta be more careful outside.

Yup. Chazal tell us the rule of "lka darka achrina". If there is a choice, we are mechuyav to walk on the path/street/ that is more tzanua.

=====
====

Re: Diary and thoughts
Posted by battle-of-the-gen - 28 May 2020 16:06

For all the FJJ(Flatbush Jewish Journal) readers out there, if you look closely at the letters to

It was something I always wanted to send, finally sat down and did it.

=====
====

Re: Diary and thoughts

Posted by battle-of-the-gen - 31 May 2020 05:23

BH shavous was nice, and stayed clean through it(I think that't 10 days or something, but who's counting;)) I think for the most part I don't mast if I don't have(or see) porn(there are some exceptions). So generally when I don't have access to technology, I usually go clean. Which leads to sometimes if I'm on a bad streak, shabbos or yom tov is a good time to reflect and realize whats going on and try to get back on track.

Shmiras eiyanim was a challenge as always, esp during shavous when just more "people" are out and about and the weather is nice, but bh for the most part I fought hard.

Its hard because I really want to go out and get some fresh air, move my legs a bit, but its a minefield out there. Was shmuzing with a GYEer and we came out that these streets(even jewish areas) can be worse than Harlem. We get "shootings" on every corner and the people firing the shots don't even know the harm they're causing.

=====
====

Re: Diary and thoughts

Posted by battle-of-the-gen - 31 May 2020 05:45

In other news, seems like the chat system is down, not sure why but I believe its because they are upgrading it. At least they plan on updating it sometime in the near future(as per MenachemGYE).

The GYE handbook continues with some tips on shmiras eiyanim:

1) The 3 second rule- 3 steps- 1)alert- Realize whats happening and that you prob shouldnt be looking there. 2)Avert- Stop looking(look away) 3) Affirm- Give yourself a pat on the back and say well done! You just made BANK in the next world.

2) Small goals- We know our areas of struggle and Rome wasn't built in one day so slowly start attacking small areas(dont walk in this area, when you walk here only look down or think of a dvar torah etc)

?3) Develop the right attitude- It's ALL about knowing what your doing and why your doing it. GYE book goes quickly through some.

a- When you see it you want it. And you cant have it. So dont make yourself crazy and see it and want it; just avoid the whole sich in first place and you'll feel so much better

b- By not looking, it hurts(we want to look). So does a surgery. It hurts buts a healing pain.

c- We are a little weird. We got a yetzer in us that can make us feels things which aren't really us. So that pain we feel by not looking, is us beating the garbage out of him. Smile, you're winning.

d- Its all an out air ballon allusion that our imagination lights up. And pop. So not worth it.

e- Hasem gave us an amazing gift- eyes. Irreplaceable. Invaluable. And your gonna take it look and lust away. Against His will?

=====
=====

Re: Diary and thoughts

Posted by Meyer M. - 31 May 2020 06:52

[battle-of-the-gen wrote on 31 May 2020 05:45:](#)

In other news, seems like the chat system is down, not sure why but I believe its because they are upgrading it. At least they plan on updating it sometime in the near future(as per MenachemGYE).

The GYE handbook continues with some tips on shmiras einyamim:

1) The 3 second rule- 3 steps- 1)alert- Realize whats happening and that you prob shouldnt be looking there. 2)Avert- Stop looking(look away) 3) Affirm- Give yourself a pat on the back and say well done! You just made BANK in the next world.

2) Small goals- We know our areas of struggle and Rome wasn't built in one day so slowly start attacking small areas(dont walk in this area, when you walk here only look down or think of a dvar torah etc)

?3) Develop the right attitude- It's ALL about knowing what your doing and why your doing it. GYE book goes quickly through some.

a- When you see it you want it. And you cant have it. So dont make yourself crazy and see it and want it; just avoid the whole sich in first place and you'll feel so much better

b- By not looking, it hurts(we want to look). So does a surgery. It hurts buts a healing pain.

c- We are a little weird. We got a yetzer in us that can make us feels things which aren't really us. So that pain we feel by not looking, is us beating the garbage out of him. Smile, you're winning.

d- Its all an out air ballon allusion that our imagination lights up. And pop. So not worth it.

e- Hasem gave us an amazing gift- eyes. Irreplaceable. Invaluable. And your gonna take it look and lust away. Against His will?

hope everything works sooner than later

=====
=====

Re: Diary and thoughts

Posted by DavidT - 31 May 2020 13:43

chat is down, cant update my 90 day, the system thought my thread was a womans topic.....

Hashem is testing us to see if we can continue on keeping strong even when GYE chat it

=====
=====

Re: Diary and thoughts

Posted by battle-of-the-gen - 31 May 2020 14:12

[Meyer M. wrote on 31 May 2020 06:52:](#)

hope everything works sooner than later

Can't update my 90 days either, but at least my thread isnt a women's topic lol... If u wanna chat, hit me up @ boftheg1@gmail.com (email or hangouts)

~~temporarily down~~=====
=====

Re: Diary and thoughts

Posted by battle-of-the-gen - 01 Jun 2020 05:25

BH another day in the books. Quite uneventful in terms of anything threatening coming up. No complaints on that bh. I am working on my first contract/knas for unfiltered devices; bzh that will be ready soon and another step towards long term cleanliness.

The GYE HB continuous in tools for long term shmiras eynaim.

Letting Go of Lust- The world is full of triggers and temptations. So it's going to be tough battle every corner- I want to look but I really don't wanna look. So the real trick is letting go of lust all-together.

So to be honest this sounds like a great tool, I'm just not sure how it works. If we were able to let go of it, we would.(Also depending on the translation of lust, it can get real ugly if you really let go of it totally). So if anyone can enlighten me, I'd appreciate it.

And the last tip for shiras eiyayim is DAILY CHIZUK

I think this is HUGE. So much of the battle of GYE/porn/mast is done consciously, but so much of it is subconsciously. It's just the natural stirring of the mind that makes you really wanna jerk off, and eventually you just really need to do it. Daily chizuk, imo helps on both fronts. It obviously helps on the conscious level- on days that were struggling and feeling weak, it gives us that boost to get at it. But I'd like to venture to say that even on clean days or seemingly easy days, that you feel like you don't need the chizuk, that daily dose has its affect sub consciously and helps keep those stirrings at bay. It makes it harder for that beast in you to rear its head. I may be wrong, but this is what I think.

=====
=====

Re: Diary and thoughts
Posted by Hashem Help Me - 01 Jun 2020 13:53

[battle-of-the-gen wrote on 01 Jun 2020 05:25:](#)

BH another day in the books. Quite uneventful in terms of anything threatening coming up. No complaints on that bh. I am working on my first contract/knas for unfiltered devices; bzh that will be ready soon and another step towards long term cleanliness.

The GYE HB continuous in tools for long term shmiras eynaim.

Letting Go of Lust- The world is full of triggers and temptations. So it's going to be tough battle every corner- I want to look but I really don't wanna look. So the real trick is letting go of lust all-together.

So to be honest this sounds like a great tool, I'm just not sure how it works. If we were able to let go of it, we would.(Also depending on the translation of lust, it can get real ugly if you really let go of it totally). So if anyone can enlighten me, I'd appreciate it.

And the last tip for shiras eiyayim is DAILY CHIZUK

I think this is HUGE. So much of the battle of GYE/porn/mast is done consciously, but so much of it is subconsciously. It's just the natural stirring of the mind that makes you really wanna jerk off, and eventually you just really need to do it. Daily chizuk, imo helps on both fronts. It obviously helps on the conscious level- on days that were struggling and feeling weak, it gives us that boost to get at it. But I'd like to venture to say that even on clean days or seemingly easy days, that you feel like you don't need the chizuk, that daily dose has its affect subconsciously and helps keep those stirrings at bay. It makes it harder for that beast in you to rear its head. I may be wrong, but this is what I think.

Very well said.

=====
=====

Re: Diary and thoughts

Posted by battle-of-the-gen - 02 Jun 2020 04:55

BH another day in the books and clean(I think). I did have a little scare though.

I was scrolling through news, pics and vids of the protests/looters(craziness) on twitter which I have been doing for the past couple of days w/o issue, and some stupid account posted an inappropriate pic. It flashed in front of my eyes for a 1/4 second and I quickly scrolled up and exed the page out. Its just annoying bec I tried so hard for almost two weeks not to see anything remotely close to that level of promiscuity and bam. Just dropped in front of me. Ik I probably shouldn't use non jewish sites for news(esp twitter), and bzh I'll put a extra effort not to. Dont think it's a long term issue bec in general I'm not such a news guy, but whats happening now is next level.

I wasn't going to mention it bec it was so short and quick but I just thought I have to be honest with what happens and this was the situation. Would this be considered a fall?

=====
=====