

Had a fall after more than 90 days clean
Posted by shmuel83 - 02 Sep 2020 04:57

So the inevitable happened, and I fell... after I had been doing really well guarding my eyes (I managed to stay clean for well over 90 days), I stumbled on an inappropriate website while using an unfiltered device.

This has taught me a few things:

- We cannot defeat the yetzer hara now. Forget it, it can't be done. B"H when Moshiach comes, he will remove it from the world, but until that time comes, we just have to learn not to engage with it. As we say each day when reciting the Shema, we must learn to not follow after our heart and after our eyes by which we go astray. If Hashem commanded us to do it, then we are capable of doing it.
- Filters do work. I installed some accountability software on my main computer and I found it did help me to stay on track.
- The environment is a huge source of temptation. I found it much easier to stay clean while I was working from home, though I did have some lustful thoughts as I am single and live alone. But because I had fewer distractions around me, I found I was less prone to entertain those thoughts.
- My biggest challenge has been reducing the time I spend on secular entertainment (music, TV, sport), as this can also lead to sin if allowed unchecked. I used to listen to music a lot to unwind, and I still do sometimes, but now I am trying to replace the time I used to spend on entertainment with Torah study (listening to kosher speakers only, like Rabbi Yosef Mizrachi, Rabbi Yaron Reuven, Rabbi Alon Anava) and davening. Strong *mussar* (for those who are not so addicted) is like an antibiotic for the yetzer hara.
- Being at home has actually helped me to daven with more intention, even if it is usually in my own language. Making time to talk to Hashem has helped me a lot, as has reciting tehillim.
- When I was trying to get to 90 days, I updated my count on GYE regularly, and the rewards for reaching each level really helped me to keep going. Each time I made it to a new level, I felt really great and it inspired me to continue. I did fall a few times trying to get to 90 days, and I donated \$50 to GYE each time. This was another motivator for me to stay away from things that might lead me to sin.

In a way the experience of falling has given me a reality check as I now understand that I cannot defeat the yetzer hara on my own, but rather I must establish and maintain systems that reduce the risk that I will fall. This is the battle of our generation and we cannot win it unless we equip ourselves with the weapons that we know are proven to work in the fight against the yetzer hara. But it can be done.

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Re: Had a fall after more than 90 days clean
Posted by shmuel83 - 18 Dec 2020 00:45

Hi everyone,

How is everything going?

I fell a couple of times recently, but I am getting better at picking myself up after a fall, as I've said no to temptation a lot more often than I've fallen (it was no easy task!)

My main challenge at the moment is my environment, rather than viewing schmutz on the internet. I'm fortunately not triggered by what I see when I go out, but it's hard not to avert my gaze sometimes.

Also, one thing I have noticed is that a lot of gentile entertainment might appear harmless to a secular person, but because we have a different neshama, we need to be more careful about the things that we watch.

The other thing that has helped me is reminding myself how valuable our seed is. It is powerful enough to create life. G-d gave us this power, so He intended us to use it wisely.

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Re: Had a fall after more than 90 days clean
Posted by OivedElokim - 18 Dec 2020 01:38

Good to hear that you are building resilience. It's one of the most important traits to have when your in this fight...

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Re: Had a fall after more than 90 days clean
Posted by YeshivaGuy - 18 Dec 2020 04:21

[shmuel83 wrote on 18 Dec 2020 00:45:](#)

My main challenge at the moment is my environment, rather than viewing schmutz on the internet. I'm fortunately not triggered by what I see when I go out, but it's hard not to avert my gaze sometimes.

Glad you're doing well! And thanks for coming back!

Im abit confused, so what is it that triggers you?

You said your environment is a trigger but it's not?

Hatzlocha!

YeshivaGuy

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Re: Had a fall after more than 90 days clean
Posted by 90dys - 18 Dec 2020 06:16

....a lot of gentile entertainment might appear harmless to a secular person, but because we have a different neshama, we need to be more careful....

Emes L'amito! While that metzius can be misunderstood as "the sheltered kid going nuts when he gets exposed" (a talking point for the more liberal folks), your point is spot on! Our neshamos are delicate and therefore, suffer far more from what society believes to be benign.

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Re: Had a fall after more than 90 days clean

Posted by shmuel83 - 22 Dec 2020 12:12

Sorry, should have clarified what I meant. I'm not triggered most of the time, but because our neshamos can still be affected by the things that we see without us realising it, we still have to be vigilant!

I often think how much of a tzaddik Yosef must have been to resist Potifar's wife for so long. But then I think to myself maybe we aren't giving ourselves enough credit each time we DON'T give in to temptation. Stay strong, brothers!

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Re: Had a fall after more than 90 days clean
Posted by Hashem Help Me - 22 Dec 2020 12:30

[90dys wrote on 18 Dec 2020 06:16:](#)

....a lot of gentile entertainment might appear harmless to a secular person, but because we have a different neshama, we need to be more careful....

Emes L'amito! While that metzius can be misunderstood as "the sheltered kid going nuts when he gets exposed" (a talking point for the more liberal folks), your point is spot on! Our neshamos are delicate and therefore, suffer far more from what society believes to be benign.

A dust particle that falls on any revealed part of our skin is not even noticed. However if it falls into the eye, one can suffer immensely until it is removed. That speck of dust basically paralyzes a person for the duration of the blinking, washing, rubbing, etc until that nuisance is gone. And even then the itch remains for a while. Our spiritual eyes are no less sensitive than our physical eyes. An inappropriate image - and that does mean pornographic, rather **any** inappropriate image can chas v'shalom wreak havoc on our spiritual balance and paralyze us. And yes chaverim, the world is a dusty place. The least we can do, is follow the directives of chazal - "Ika darka acharina", and avoid unnecessary sights whether online or in real life, by planning in advance where we want to go and how we are getting there. That, and davening each day "V'lo li'yedei nisayon" is what Hashem wants from His tzaddikim in 2020.

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Re: Had a fall after more than 90 days clean
Posted by shmuel83 - 08 Mar 2021 12:21

Hi everyone,

How are you all doing?

I've made it to 80 days (hoping to make it to 90 days for the second time after I slipped up a few months ago). It's been pretty tough with lots of temptations in my environment which I've been trying my best to avoid... feel exhausted to be honest. I live in Australia and we're just coming to the end of our summer so hopefully things will get easier when the weather gets cooler.

But I do feel that this is doing me good, and the hard work I am putting in now will pay dividends down the track.

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Re: Had a fall after more than 90 days clean
Posted by Grant400 - 08 Mar 2021 12:43

[shmuel83 wrote on 08 Mar 2021 12:21:](#)

Hi everyone,

How are you all doing?

I've made it to 80 days (hoping to make it to 90 days for the second time after I slipped up a few months ago). It's been pretty tough with lots of temptations in my environment which I've been trying my best to avoid... feel exhausted to be honest. I live in Australia and we're just coming to the end of our summer so hopefully things will get easier when the weather gets cooler.

But I do feel that this is doing me good, and the hard work I am putting in now will pay dividends down the track.

So I'm thinking about buying a house in Australia, in addition to where I live on the other side of the equator. Here's the catch. I'm gonna switch off and live in whichever place is WINTER. Great for shmiras einayim! Or maybe I should just go live in Eskimo land - or Kiryas Yoel.

All jokes aside, summer is brutal. So kudos to you on your streak! Hang in there!

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Re: Had a fall after more than 90 days clean
Posted by Striving Avreich - 29 Mar 2021 21:47

Great job!

What has worked for you? Please share your secrets!

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Re: Had a fall after more than 90 days clean
Posted by EvedHashem1836 - 07 Apr 2021 03:15

Reb Shmuel how are you doing?

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Re: Had a fall after more than 90 days clean
Posted by shmuel83 - 07 Apr 2021 13:06

[EvedHashem1836 wrote on 07 Apr 2021 03:15:](#)

Reb Shmuel how are you doing?

I am certainly no Reb... I fell a couple of weeks ago before Pesach, but otherwise doing OK. I would say my main test at the moment is my desire to be with an actual girl, as opposed to wanting to look at anything inappropriate, which I don't really have the desire to do. Maybe it's time for me to find a shidduch...

In the meantime, I saw some really good advice in another thread for those who may be in a similar position to myself (in other words, still single) in this post:

guardyoureyes.com/forum/1-Break-Free/366231-Re-I-want-a-girl-so-badly?limit=15&start=15#366427

I'm thinking that I probably just need to spend more time doing things I love, like learning Torah that I enjoy, or connecting with family members, so I won't spend so much time thinking about girls... for instance I used to enjoy reading the Tanya, I might pick it up again...

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