

Striving for Excellence

Posted by excellence - 23 Jan 2021 21:36

Striving for ExcellenceIntroduction

I've been waiting for some time to introduce myself. I wanted to be 'well on the way' before I posted my own journey, I feel more comfortable this way. I must of discovered GYE I believe at least a good 6 years ago, if not more, but it was a mere glance here and there. Over the past 2 years I started reading up much more on GYE, I printed the handbook & read up a lot, however I did not become a member. Nearly half a year ago I was overlooking a friend whilst he was looking at his emails & I noticed that he was signed up to the daily Chizuk emails. Being that GYE was on my mind anyway it gave me the boost to go ahead and sign up, (he doesn't even know what a Zechus he has -perhaps it's you!). Last Rosh Hashono I made a Kaboloh to be more active by using GYE's platform/resources regarding my personal battle with this struggle. You may have seen my posts here and there, & BH this Kaboloh has given me a renewed lease of life, mostly in regards to my perspective on this battle, how to fight, and on marriage in general.

The idea I have in mind by posting my story, which I see as pretty simple and basic, is to inspire all those who lurk around here but don't feel that their struggles are anything too big in particular, perhaps rather basic, or those who find that they keep telling themselves "this will be the last time I fall", to please take my advice and get out your shell by speaking to someone at GYE, or at least post on the forum, (because we won't let go of you!). It makes no difference where you're holding on the spectrum of this struggle but if you struggle even just with mzl, even if it's only at intervals, but you find that you don't seem able to totally break free, then I beg of you PLEASE PLEASE reach out. The professionals here have so much to offer and so much want to help, why wouldn't you make that first step towards your own happiness/ Menuchas Hanefesh?

Many times the question has been asked, 'why are there so few people active on the forum, relative to the 30,000 users signed up to GYE?', I believe that the answer may be, because many of us feel we don't struggle as strong as those on the forum, or we're more comfortable battling this on our own. We lurk around for Chizuk but remain silent. Oh, how foolish, don't we see we're not managing on our own, are we not desperate just to break free/grow up, etc. Let's stop living in denial that every time we fall will be the last time, or that at the next stage I will be clean or any other one of the Satan's tactics. This is also a call to the hundreds of Bochrin out there. DON'T WAIT, ACT KNOW. You're still young, you have such beautiful lives ahead of you, why wait. Sorry for venting but it's on my heart. I was like this for so many years, always excusing myself that at the next stage, it will be a thing of the past, this went on for 11 or so years, until I just picked up the phone to GYE who gave me incredible practical tools on how to break free. Instead of spending your days with patchwork, like kenosos, they will guide you

through and show you the correct perspective. Once again I Beg & plead of you, don't just sit back- Do something.

Part one, coming shortly...

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Re: Striving for Excellence
Posted by excellence - 05 Jul 2021 21:47

Thank you Hashem for another day clean.

5 days

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Re: Striving for Excellence
Posted by excellence - 06 Jul 2021 21:49

6 Days.

I mustn't take a single day for granted otherwise I become less aware and that's when the Yetzer hora catches me.

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Re: Striving for Excellence
Posted by excellence - 08 Jul 2021 18:13

Slipped for a few minutes tonight by searching for stuff i shouldn't of on you tube, but BH Hashem stopped me.

Back on track now Bez"H.

8 Days

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Re: Striving for Excellence

Posted by excellence - 08 Jul 2021 21:01

Maybe you all know about this, but for those who don't, please have a look at:

wiki.guardyoureyes.com/Main_Page

no words to describe the effort that's gone into it. unreal.

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Re: Striving for Excellence

Posted by excellence - 09 Jul 2021 15:26

B.H Clean

A Gut Shabbos,

9 days

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Re: Striving for Excellence

Posted by excellence - 10 Jul 2021 21:52

Gut Voch,

10 Days.

I keep reminding myself 2 things: 1- I must be constantly on gaurd. 2- slipping will most likely lead to a fall, so don't be lenient and allow yourself to browse sites or stuff that may trigger...

Have a wonderfull week,

excellence

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Re: Striving for Excellence

Posted by excellence - 12 Jul 2021 12:44

12 Days.

Hodu Lashem Ki tov. I do find that updating daily in the forum is far more effective than just every so often.

In not long I will be travelling to a location where I don't remember ever not falling there at least once, so I must make a plan. I will post more about this closer to the time.

Thanks,

Excellence

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Re: Striving for Excellence

Posted by excellence - 13 Jul 2021 05:20

Just to complain/be accountable... I keep slipping by browsing inappropriate material.... I have about 3/4 of a second to make a decision before I've clicked the button.... If I don't stop I'll end up falling. Guaranteed. So ODAAT today I will make that decision for the positive for true pleasure over choosing a few seconds of total false pleasure, since what I see on the screen does not portray real life in any way...

I actually saw a video of celebs then and now... it's scary to see how they end up.... also saw a vid of celebs without makeup when they not performing... it's insane to see the Sheker how they cover up thier plain simple un enticing look.

Sorry for the rant....

excellence

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Re: Striving for Excellence

Posted by excellence - 13 Jul 2021 12:41

[excellence wrote on 12 Jul 2021 12:44:](#)

In not long I will be travelling to a location where I don't remember ever not falling there at least once, so I must make a plan. I will post more about this closer to the time.

Thanks,

Excellence

The time above is approaching... this location has totally unfiltered devices. I'm trying to come up with a good accountability idea -ideally with my wife- for this period of time. I need help thinking of a good idea. History shows Knosas don't work for me. I may aswell pay before I start!!

my wife is very understanding that unfiltered devices are dangerous and a big nisayon for men, and I think it would be very effective to come up with some sort of plan together. I just can't think of something that doesn't make me sound bad...

all ideas welcome and greatly appreciated.

Thanks

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Re: Striving for Excellence

Posted by excellence - 13 Jul 2021 19:34

13 days.

Thank you so much to everyone who takes time to read my thread.

Tonight I had the ability to mess around online, as my wife has gone out, but NO I won't.

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Re: Striving for Excellence

Posted by excellence - 14 Jul 2021 22:28

14 Days.

ODAAT

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Re: Striving for Excellence

Posted by excellence - 15 Jul 2021 23:11

15 Days.

I need to keep constantly aware since at this point i often enter cruise mode.

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Re: Striving for Excellence

Posted by excellence - 16 Jul 2021 15:12

Dear Friends,

?Iv'e been thinking what sort of plan I can make for myself whilst I travel after Tisha B'av, as at the location I will be staying at, there is open access to unfiltered devices. I have always fallen there and in my formative years I spent hours watching porn there.

Monetary Kenosos have not worked for me there, even big ones. I would say that I'm in a better state now than in the past but I certainly have to make a plan.

I believe the knowledge of being held accountable by others will be a powerful motivation to

resist an urge.

?I therefore want to make the following request:

If I manage to stay clean, I am looking for GYE Chaverim who will agree beforehand to take upon themselves to say one Yom of Tehilim (as a zechus for siyato dishmayo for me and all the special members of GYE) , in lieu of the fact that I managed to stay clean.

I believe, that if I know that by giving in to an urge i am giving up on the whole sefer tehilim being said because of me, i will Bez"H be able to resist.

I will be at this location untill close to Elul.

?I am looking for a minimum of 7 volunteers, that way Tehillim will be finished at least once.

If your interested, Please reply on this thread by writing the Yom of Tehilim you agree to take. Please go in order, i.e the first volunter takes Yom rishon e.t.c

?With tremendous thanks in advance for showing kidness to an anonymous friend trying to surf the waves out there.

With love

Excellence

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Re: Striving for Excellence

Posted by mggsbms - 16 Jul 2021 15:43

Nice idea!

I would take Yom Hashabbos.

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