

This time will be better

Posted by joetyh - 14 Jan 2022 10:58

hey people!!! just had a fall 2 nights in a row after building my streak to 5 days... but you know what, 5 days, that was pretty impressive. I have made myself sort of reliant on videos to entertain myself during bein hasedarim and after night seder which means i occasionally need to access youtube which is a killer because it starts with downloading just some fun vlogs and/or product reviews and it goes downhill from there. I need to find a way to be able to get some videos (I dont think i can quit cold turkey from watching and 613tube isnt an option) but not falling down that terrible rabbit hole of the "How bad of a video can i find on YouTube). besides for youtube theres the plain urges that come and I just feel powerless against them. I try to beat them but its so so hard to. even the smallest trigger (i.e. seeing a random pretty girl in the street) can just set me off on a bad day. I really want to be clean!!! I really do!!!! But I feel like as soon as the urge comes I just decide that "it's just this time" and I'll find an excuse to justify it.

I'm on day 1 now. My goal right now is 1 week. I think I can do it and I know it will be very painful but I'm ready.

any suggestions or if you can relate hop on to this topic

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Re: This time will be better

Posted by joetyh - 23 Jan 2022 20:07

WOWOWOWOWOW!!!!!!!!!!!!

I just had an amazing moment...

I was talking to one of the amazing Yidden on GYE it was his first time ever talking to someone on the phone about his struggle and together we were being mechazek each other and I was trying to bring out the point that we are not bad people so we popped out the good old calculator and did the math (we ended up asking siri cuz i couldnt figure out how to do the actual math.... I forgot all math when the diploma touched my hand....) there are over 8,000,000,000 people in the world and out of all that there are 30,000 people on GYE!!!!!!!! that means that us heilege GYE chevra are approx. 0.00037% of the world and how the heck can we think we are bad???????? out of 8 Billion people just 0.00037% are here shteiging!!!!

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Re: This time will be better

Posted by joetyh - 23 Jan 2022 22:05

Honest question guys please respond!! Is it bad that instead of watching random kosher videos I'm now spending a lot of time reading the GYE forums?

I did not phrase that correctly.

I meant to ask is it better now that I'm reading the forums or is it just another tech related entertainment?

i felt like I should leave both versions of the question in for some reason....

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Re: This time will be better

Posted by Markz - 24 Jan 2022 01:12

[joetyh wrote on 23 Jan 2022 20:07:](#)

WOWOWOWOWOW!!!!!!!!!!!!

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You really need to stop taking to girls if you honestly and truly want to break free - there's no

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other way

Re: This time will be better
Posted by wilnevergiveup - 24 Jan 2022 05:57

[joetyh wrote on 23 Jan 2022 22:05:](#)

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Many of us have this issue. Some respond "well, it's better than the other stuff that you would be doing."

I like to say as HHM always says, don't worry, it will wear off, it's not as exciting as Porn/YouTube."

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Re: This time will be better
Posted by joetyh - 24 Jan 2022 09:17

definitely true lol!!!!

any tips how do I get the grat box on the quote?

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Re: This time will be better

Posted by joetyh - 24 Jan 2022 09:20

this GYE thing is insane!!!! the support is crazy!!!!!!

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Re: This time will be better

Posted by wilnevergiveup - 24 Jan 2022 12:00

[joetyh wrote on 24 Jan 2022 09:17:](#)

definitely true lol!!!!

Guys!!!! My First week!!!!!! this is crazy!!!!!!

any tips how do I get the grat box on the quote?

You can click the the quote button at the bottom of the post that you want to quote.

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Re: This time will be better

Posted by joetyh - 24 Jan 2022 12:06

[wilnevergiveup wrote on 24 Jan 2022 12:00:](#)

[joetyh wrote on 24 Jan 2022 09:17:](#)

definitely true lol!!!!

any tips how do I get the grat box on the quote?

You can click the the quote button at the bottom of the post that you want to quote.

did this work? cuz i my end it doesnt look like it did

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Re: This time will be better

Posted by joetyh - 24 Jan 2022 12:09

oh well now it did sorry for harrasing

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Re: This time will be better

Posted by Trouble - 24 Jan 2022 14:23

[joetyh wrote on 23 Jan 2022 22:05:](#)

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depends which post

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Re: This time will be better

Posted by joetyh - 24 Jan 2022 16:02

[Trouble wrote on 24 Jan 2022 14:23:](#)

[joetyh wrote on 23 Jan 2022 22:05:](#)

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what do you mean?

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Re: This time will be better

Posted by Trouble - 24 Jan 2022 17:45

[joetyh wrote on 24 Jan 2022 16:02:](#)

[Trouble wrote on 24 Jan 2022 14:23:](#)

[joetyh wrote on 23 Jan 2022 22:05:](#)

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if you spend your time reading my posts, that's good; some of the others - i'm not so sure.
gevurah & mbj - a definite yes; rage - nope.

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Re: This time will be better

Posted by joetyh - 24 Jan 2022 22:16

I don't know why I decided to do this, or what gave me the strength, but last night I sent my father the following text....

"You don't even know how much I appreciate having understanding parents... I don't know why I feel like sending this text but I decided I will. For the past couple of years I've struggled really hard with shmiras einayim and shmiras habris... I've developed terrible habits and I was feeling so guilty and alone. Even when I originally found GuardYourEyes I wasn't ready and it was not working. BH this year I have reached a point where I was able to confront myself and realize I've got an issue... I got really involved with GYE. I spoke to my Rosh Yeshiva a lot I spoke to my Mashgiach and I came to the conclusion that I'm normal... And I can beat this. I got this amazing mentor from GYE who has explained to me what the proper outlook on sex and intimacy is and how what I have been doing is so detrimental for the beautiful marriage I hope to have BezH at the right time... BezH when I wake up tomorrow morning it will be my first week clean in I don't know how long and it's the first time I believe I can beat this no matter how hard it will be...."

I'm still not sure why I decided to but it felt so good to share it and get so so much support from my loving father. After this I was just sitting in bed crying and crying (for the second time yesterday, good thing my roommate didn't walk in again) I have been waiting and davening for these tears for years!!!!!!!!!!

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Re: This time will be better

Posted by BHYY - 25 Jan 2022 00:20

[joetyh wrote on 24 Jan 2022 22:16:](#)

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To quote my mentor, HHM: HERO!!!!!!!!!!!!!!

Appreciate every day your understanding and supporting parents. You'll get through this!

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