

New member: 'Yesodi'

Posted by Yesodi - 15 Nov 2015 01:36

Shalom friends, and Shavua Tov to all!

I'm a 50-year-old male, living in Israel and married for the past 25 years.

Back then, as an unmarried teenager whose life was plagued by the typical and virtually-inevitable Aveirot, I so very much looked forward to one day getting married. And B"H, that day finally arrived.

For the first 18 or so years, I would say that I was overall quite RELATIVELY SUCCESSFUL in keeping myself "clean." For the first few of those years, I did not even have a computer, and even afterwards -- although I did "allow myself" to occasionally look at unclean things (supposedly "LeShem Shamayim," with the hope of maybe "fixing" some of my "performance problems") -- except for a few "accidents" here-and-there, overall I felt that things were under control.

However, over the past 7 years, problems with the marriage became increasingly serious. My wife has felt, from the beginning, that our marriage was a "mistake," and has constantly asked to end it. On the other hand, I -- the pathologically-stubborn optimist -- refuse to give up, because I feel that we have never yet even STARTED to collectively make a TRUE effort to address the issues.

Tachlis, the past 4 years have been almost free of intimate relations, and the past 2 years have been TOTALLY free of them. Feeling -- as I did during my unmarried, teenage, days, that I don't really have much of a choice -- I have relapsed back to my old, unclean, habits.

This probably would have kept on going, until I came across a TED talk presenting a secular, "scientific," presentation of the physiological damage caused by repeated exposure to unclean Internet content. As a result, I decided to join the "NoFap" website, mostly out of curiosity, and without any real thought that I am about to change any of my behavior.

Mostly on a whim, I decided to commit to a "clean month of October" (and, since this was mid-Tishrei, and I happened to be clean since a little before Rosh HaShana, I was already 3-weeks clean at the time). Much to my amazement, I discovered that this simple act of making a "public" commitment had an immense positive effect on my, and I somehow made it through some VERY HARD DAYS only "BiZchut" that silly commitment that I had made without even really thinking about if I was really "serious" about this issue yet! B"H, so far, 65 days have passed, and my thinking has totally changed. I suddenly feel that -- despite any problems that my marriage is facing -- I need to put a STOP to this problem!

And so, I've been a happy member of NoFap.com for almost two months now, and -- while I do not at all regret joining this "secular" site -- I suddenly began thinking: why shouldn't I join with other fellow Jews, in a Torah atmosphere, as well? After all, this is the REAL reason that I am pursuing this journey, and not just (with Kol HaKavod) "science."

So this, in a nutshell, is how I came to this wonderful site. Wishing much Bracha veHatzlacha to

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Re: New member: "Yesodi"
Posted by realsimcha - 01 Mar 2016 23:48

Hey, I am waiting for the day that I can say 173 days! Please dont knock yourself. Tzadik Gamur you are. Just considering the urge - so so so powerful - and all the work that goes into getting to where you are. Take the title. Its not a joke.

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Re: New member:
Posted by BenTorah.BaalHabayis - 03 Mar 2016 18:35

That's great to hear. Keep going strong!
all the fellow members. "BeEzrat HaShem Na'aseh veNatzliach!"

I've read many stories of people falling after a long period of being clean. It seems that for many after a while they figured they were cured and no longer needed to focus and be proactive about their sobriety. Then at some point something happens and they are confronted with a lust attack and before they know it they've fallen. So please stay with us for the long term!

I'm saying this for myself as well, as B"H I reached 90 days. I need to constantly remind myself that if anything now I need to be even more vigilant.

Hatzlacha!

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Re: New member: "Yesodi"

Posted by Yesodi - 04 Mar 2016 02:57

[BenTorah.BaalHabayis wrote on 03 Mar 2016 18:35:](#)

That's great to hear. Keep going strong!

I've read many stories of people falling after a long period of being clean. It seems that for many after a while they figured they were cured and no longer needed to focus and be proactive about their sobriety. Then at some point something happens and they are confronted with a lust attack and before they know it they've fallen. So please stay with us for the long term!

I'm saying this for myself as well, as B"H I reached 90 days. I need to constantly remind myself that if anything now I need to be even more vigilant.

Hatzlacha!

Although lately it feels that, in my current state, I can keep staying clean indefinitely and relatively-easily, it is absolutely clear to me that I can never let my guard down. I will forever need to stay focused and actively avoid triggers.

Also, it gives me great pleasure to log in every few days and once again press that "I'm still clean" button on the "Wall of Honor"! May HaShem help me to Bliy Neder continue to update that same status forever!

Finally, I feel that in a certain sense, my terrible Shalom-Bayit situation -- which is effectively forcing me to (at least for now) accept a long-term prospect of celibacy -- is actually making my challenge **easier**. That is because I seem to have reached the point that my libido is almost **dead** -- AKA the "flatline" effect.

I imagine that if, BeEzrat HaShem, things get better at home and I will once again be able to resume intimacy, that the challenge of constantly switching between "Mutar" and "Asur" periods will be MUCH more difficult!

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Re: New member: "Yesodi"
Posted by Yesodi - 08 Mar 2016 11:53

Very amused by the official proclamation of "**Tzadik Gamur**," now at Level 9 on the "[Wall of](#)

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Re: New member: "Yesodi"
Posted by markz - 08 Mar 2016 13:08
B"H, successfully reached my medium-range goal of **180 days!**

Tzadik Gamur You make us proud!!!!

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[Honor](#)! Haha! Nothing like a good laugh to celebrate this joyous day!

Re: New member: "Yesodi"
Posted by markz - 08 Mar 2016 13:22

I need to update the "Success stories" in the Towing page, and include you honor!
Now, on to my newly-adjusted **medium-range** goal of **360 days!**

Did you see Nofap was mentioned in yesterday's email?

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Re: New member: "Yesodi"
Posted by Yesodi - 08 Mar 2016 18:46

[markz wrote on 08 Mar 2016 13:22:](#)

I need to update the "Success stories" in the Towing page, and include you honor!

Did you see Nofap was mentioned in yesterday's email?

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Re: New member:
Posted by BenTorah.BaalHabayis - 08 Mar 2016 18:52

Mazal Tov and congratulations on your amazing accomplishment!

You are an inspiration. May you see only continued success!

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Re: New member:
Posted by markz - 09 Mar 2016 02:21

I'm sorry to hear your in a rut, I know what you're suffering and it can be hell, perhaps this [important link](#) in the B&B may be helpful

~~Thanks! And no, I did not notice, but Bliy Neder I will check.~~
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test of 'PMO Tracker' app?

Posted by Yesodi - 10 Mar 2016 01:08

Does this [Kunena](#)-based website allow regular users to embed images?

I ask because, so far, in my attempts to test the "**PMO Tracker app**" that can be accessed at <http://pmo-tracker.appspot.com>, it seems that I am unable to display images:

Embedded BBCode for "PMO Tracker":

`\[url=http://pmo-tracker.appspot.com/?u=4804316074344448]http://pmo-tracker.appspot.com/img?u=4804316074344448[/url]`

`\[url=http://pmo-tracker.appspot.com/?u=5947593553084416]http://pmo-tracker.appspot.com/img?u=5947593553084416[/url]`

`\[url=http://pmo-tracker.appspot.com/?u=5930215981187072]http://pmo-tracker.appspot.com/img?u=5930215981187072[/url]`

Image-output from "PMO Tracker":

<http://pmo-tracker.appspot.com/img?u=4804316074344448>

<http://pmo-tracker.appspot.com/img?u=5947593553084416>

<http://pmo-tracker.appspot.com/img?u=5930215981187072>

OTOH, I **do** seem to be able to display this **screen-capture** on [Imgur.com](#):

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Re: test of 'PMO Tracker' app?
Posted by markz - 10 Mar 2016 04:21

Apparently only png or jpg images work here, i tested for you...

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Re: test of 'PMO Tracker' app?
Posted by Yesodi - 10 Mar 2016 10:30

[markz wrote on 10 Mar 2016 04:21:](#)

Apparently only png or jpg images work here, i tested for you...

I don't think that this is the issue, as the images generated by [pmo-tracker.appspot.com](#) are indeed **PNG** images.

It seems that, for some reason, the GYE website's coding does not properly display these counter-images, as served by the PMO Tracker app [[url=pmo-tracker.appspot.com/img?u=4804316074344448](#)image1[/url], [image2](#), & [image3](#)], **in the final view shown to visitors**. However, **the problem seems to be with the GYE website** and not with the app, because:

1. the GYE website **does** display these counters while I edit my post, before I press "submit."
2. other websites, such as the [NoFap.com forum](#), **do** properly display these counters.

On the other hand, similar images, as served by [imgur.com](#), **are** displayed correctly.

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Re: test of 'PMO Tracker' app?
Posted by markz - 10 Mar 2016 11:18

The Nofap 'counter' image is not static as you can see its url doesn't end in jpg etc. Why it

shows in preview mode beats me, but I'd be quite sure it cannot display without the Nofap website's internal coding

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Re: New member: 'Yesodi'
Posted by realsimcha - 10 Mar 2016 13:33

its amazing. When I read this thread i feel like i am reading a foreign language. Maybe Ill join a

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spanish group