

GYE

Posted by 360gye - 04 Aug 2016 20:37

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Hi everyone,

I just found out about GYE, and i am thrilled to help myslef, and other people guard our eyes. A little while ago i started having this problem, that whenever i am on a computer i find myself going to certain sites to browse inappropriate things. Fortunatley, i have some self-control and i do control myself sometimes, but it is not enough and i can use help.

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Re: GYE

Posted by Markz - 09 Sep 2016 16:32

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Perhaps he too said "I'll stop for today only"

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Re: GYE

Posted by Bigmoish - 09 Sep 2016 17:08

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[360gye wrote on 09 Sep 2016 16:03:](#)

In no way did i mean to make people feel bad, even if that's inevitably the outcome. All i wanted to get across is that **we should solidify our commitments** and BE"H **we will all succeed** just like rav Shach succeeded with stopping to smoke

I've spoken to many people here, and of those who have seen continued progressive victories over lust, I don't recall hearing that many have used that tactic.

I personally am addicted to lust, so it's entirely possible that whatever worked for Rav Shach ZT"L may not work for me.

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Re: GYE

Posted by Markz - 09 Sep 2016 17:10

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Yes Moish!

Also as I mentioned on Yesod's thread, there could be a slight difference between Cigars and our mutual struggle

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Re: GYE

Posted by 360gye - 09 Sep 2016 19:37

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1) moish is right, not neccesarly does it work for everyone. just giving another idea

2) how so?

3) i believe rav shach was making a general statement

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Re: GYE

Posted by 360gye - 13 Sep 2016 16:28

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Yay!! i'm on my 30th clean day.

Thanks to everyone on this forum, and on GYE, i couldn't have done it without you.

last few days have not been easy;struggled a few times but B"H never fell. my struggle starts in moments of boredom, and frustration. when i'm frustrated i just want to relax and do something that gives me immediate pleasure to forget my frustration.

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Re: GYE

Posted by 360gye - 23 Sep 2016 14:50

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Hey everyone,

Thought i'd update on where i'm holding, even though you could see. B"H i have reached 40 days and feeling good about it.

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Re: GYE

Posted by 360gye - 25 Sep 2016 19:36

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Hey everyone,

While B"H I didn't fall, I slipped and I would like to get it off my chest.

This past Friday I was on a lengthy bus ride somewhere for Shabbos and next to me sat a good looking, non-Jewish girl. As hard as I tried not to think about it and fantasize, I did. I now feel bad about it, since it came back to me on Shabbos while my guard was down. I am scared 1)the YH will convince me that since I slipped I might as well fall 2) when I am weak I will have these thoughts about this girl and problem1 will present itself

Any advice?

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Re: GYE

Posted by Markz - 25 Sep 2016 19:40

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Brother did you look for trouble or it came to you?

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Re: GYE

Posted by 360gye - 25 Sep 2016 19:41

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she sat down right next to me

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Re: GYE

Posted by cordnoy - 22 Mar 2017 12:39

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Glad to hear and see that you're still doin' well.

Continued hatzlachah

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Re: GYE

Posted by lhavenostrength - 22 Mar 2017 17:22

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[360gye wrote on 25 Sep 2016 19:36:](#)

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Any advice?

I had a similar situation recently. Similar worries... Mostly number one for me. The past only exists in your thoughts. Thinking is voluntary. If it was me I wouldn't give it much significance.

Peace

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Re: GYE

Posted by 360gye - 22 Mar 2017 18:58

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Thank you for your posts Cordnoy and lhavenostrength.

Just thought i'd update on how i'm doing: i am clean B"H for a little more than 210 days thanks in part to everyone here.

I wish everyone continued success in all their endeavours

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