

Hello

Posted by kvetch - 17 Sep 2018 23:02

Hi everyone,

I made my account a while ago, (and have been getting the emails and WhatsApp messages for a while) but never really took it seriously.

Today is a day to celebrate because I finally went and started my 90 day chart. As soon as I submitted the form I felt a sense of elation, thinking this is going to work.

Unfortunately I'm so wired in to this filth that the rest of the day has me feeling sort of depressed.

I've had monitoring tools and filters for the longest time, but I'm always looking for ways around them. The tricks I've come up with... But I'm only fooling myself.

One MAJOR WIN for me today was when I updated my iPhone to the latest version of iOS.(I've been using the but in whitelist filtering.) For some reason the whitelist became inactive, and I was able to access whatever I wanted. In the past this would have meant a trip to the bathroom... after which-- feeling guilty I would fix it. But I held back and went straight to my friend with the passcode to fix it up.

?Thank you GYE, and thank you Hashem.

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Re: Hello

Posted by Hashem Help Me - 20 Sep 2018 23:51

Feelings of withdrawal are very normal in the beginning. It gets better pretty soon. lyh you will have hatzlocha. Just keep posting and staying connected. We are here for you buddy.

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Re: Hello

Posted by Markz - 21 Sep 2018 01:03

[kvetch wrote on 20 Sep 2018 22:12:](#)

I made it through the day BH.

But I keep feeling like I'm missing something.

How long till it gets better?

You're standing here in a place of greatness. There are great people on this forum (see the 'success stories' in the Trucking link below).

To get any headway you've gotta move a little closer to one of them.

Start with a virtual encounter, like read 5 dov posts

Warning: Spoiler!

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Re: Hello
Posted by mzl - 21 Sep 2018 02:38

[kvetch wrote on 20 Sep 2018 22:12:](#)

I made it through the day BH.

But I keep feeling like I'm missing something.

How long till it gets better?

It depends. As soon as you adopt new behaviors it got better. Do you have a plan?

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Re: Hello
Posted by kvetch - 21 Sep 2018 03:54

My plan is to just keep posting here, and in the chat room (whenever I get approved)

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Re: Hello
Posted by gyehelp2017 - 21 Sep 2018 04:37

From my personal experience signing up for the 90 chart was very helpful, so do whatever works for you best, and keep on posting your success, we are all looking out to see you grow!

And btw, even if you do fall, dont just give up, as long as you are on the path to recovery there

might be some ditches on the road, but as long as you keep on going you will see progress and it will become easier down the road, you just keep on going! !

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Re: Hello
Posted by mzl - 21 Sep 2018 09:22

[kvetch wrote on 21 Sep 2018 03:54:](#)

My plan is to just keep posting here, and in the chat room (whenever I get approved)

If that works for you that's fantastic. But usually people find that they need some new behavior to fight the urges.

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Re: Hello
Posted by Eyeglasses - 21 Sep 2018 13:58

With time your brain will get used to skip that and you **wont** miss it any more, just keep going, and prove it for yourself.

It works wonders just hold on.

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Re: Hello
Posted by kvetch - 21 Sep 2018 16:54

Does posting here count as a new behavior?

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Re: Hello

Posted by Markz - 21 Sep 2018 18:48

[kvetch wrote on 21 Sep 2018 16:54:](#)

Does posting here count as a new behavior?

Each man to his own

Its like saying "Does calling another gye count?"

Theres only one way to know. For me posting helped a lot, but it also meant being open minded and reading what other great brothers have sprinkled around the threads, and sharing the brotherhood.

For me calling other gye's hasn't helped as much as it does for others

Each man to his own..

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Re: Hello

Posted by kvetch - 28 Sep 2018 15:22

blob:https://guardyoureyes.com/edba7f7d-647a-4b65-b1a4-16dc75cd42ee

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Re: Hello

Posted by mzl - 28 Sep 2018 17:08

[kvetch wrote on 21 Sep 2018 16:54:](#)

Does posting here count as a new behavior?

It's a new one, whether it's effective for your brain that depends on how your brain works. You're the expert on you. Let us know what data you collect.

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Re: Hello
Posted by kvetch - 28 Sep 2018 17:19

We'll see.

Problem is that the yetzer Hara is first tries to trick me with non-porn pritzus.....

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Re: Hello
Posted by mzl - 28 Sep 2018 18:45

[kvetch wrote on 28 Sep 2018 17:19:](#)

We'll see.

Problem is that the yetzer Hara is first tries to trick me with non-porn pritzus.....

To me it's all the same. I think what matters is what the "sales pitch" is. These are some sample sales pitches I experience:

"you have no choice but to get aroused because of the shoes/hair/skin/makeup/age/marital

status etc"

"deep down she wants you to live with her"

"she is in the mood right now (at 9 am), you will certainly be able to live with her tonight"

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