

Aiming to be better. Introducing myself :)

Posted by EvedHashem1836 - 28 Jan 2021 21:27

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Hey guys just wanted to get myself out on the forum- I saw a few people say that being on the forum is helpful so I figured I may as well try it out and what better way to get started than to introduce myself?

Im leaving for a yeshiva in Eretz Yisrael this coming Elul and my goal is to have enough control by the time I leave for yeshiva that I can go into yeshiva with a solid sense of control.

Im writing this as i recover from a fall i just had - i had 16 days clean and just fell, and writing this is actually pretty therapeutic. Prior to joining GYE my longest streak was 10 days as of this year (I've gone for 8 weeks longest probably) so GYE has been super helpful - this organization and everyone who helps in any way is truly incredible.

My issues are not so extreme in my opinion- I've never seen porn and dont feel myself being pulled towards that but I do suffer from mzl which almost always stems from embarrassing fantasies. I rarely feel that its impossible for me to stop - I've always had a lot of determination and at first I used to be helpless against my desires but now I almost *choose* to indulge myself but have the willpower to refuse, if that makes sense.

I dont have a filter on my phone but am working up courage to ask my parents for one - I hear netspark is good..

Thats all for now- excited to start being more active on the forum!

Eved Hashem

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Re: Aiming to be better. Introducing myself :)

Posted by anothershot - 08 Feb 2021 04:23

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Wow! You are a huge inspiration!

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Re: Aiming to be better. Introducing myself :)  
Posted by EvedHashem1836 - 08 Feb 2021 19:31

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Wanted to publicly praise "The Fight" from The Shmuz (its in someone's signature if people are looking i think the person is Markz)

- great advice

- great Torah

In other words....

Highly recommended!

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Re: Aiming to be better. Introducing myself :)  
Posted by EvedHashem1836 - 09 Feb 2021 15:08

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Reached milestone of 8 days! I think there is actually some similarities between our struggles and the milah - as we see by shchem (i think) its the hardest not right in the beginning but on the third day - in the beginning its not as hard to have the strength coming off of a fall - our resolves are strong and we promise ourselves over and over that was the last time - and NO

- great feeling when u finish the shiur and you hear the music at the end

MORE. yet once we get further on, to the "third day" , it isn't so easy anymore and we might slip up. We just got to get back on the horse and keep fighting.

Also on a separate note YouTube is mamish crazy you can go on there for a clean purpose like a Jewish song or a chess video (I am a huge chess guy if anyone ever wants to play anonymously lmk and we can make it happen) but its so easy to get distracted and look at things that are triggering. Probably better to just not go on at all

Wishing hatzlocha to everyone in their journeys,

EvedHashem

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Re: Aiming to be better. Introducing myself :)  
Posted by DavidT - 09 Feb 2021 15:17

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[EvedHashem1836 wrote on 09 Feb 2021 15:08:](#)

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Great comparison!

YESOD stands for **Y**iddish **E**ntertainment **S**ites **O**nly **D**efense. Even with a filter, if we spend our time on non-Jewish news and entertainment websites, we're bound to see many things we shouldn't. And one thing leads to another. Spending time on sites like Youtube, Facebook, Instagram (or even news sites like CNN and Fox News) are risky. It's inevitable that we'll stumble in shmiras einayim. B"h there are enough frum websites to keep us occupied when we need a break (like YWN or Matzav or VIN).

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Re: Aiming to be better. Introducing myself :)  
Posted by Gevura Shebyesod - 09 Feb 2021 15:43

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[DavidT wrote on 09 Feb 2021 15:17:](#)

[EvedHashem1836 wrote on 09 Feb 2021 15:08:](#)

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Re: Aiming to be better. Introducing myself :)

Posted by DavidT - 09 Feb 2021 15:47

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[Gevura Shebyesod wrote on 09 Feb 2021 15:43:](#)

Lately even those sites are becoming more lax on the Shmiras Einayim front.

Yes, that is very true. It ain't easy to be a true yirei shamayim...

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Re: Aiming to be better. Introducing myself :)  
Posted by retrych - 09 Feb 2021 16:54

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I use a few image blockers, but they'd probably be willing to listen to complaints.

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Re: Aiming to be better. Introducing myself :)  
Posted by EvedHashem1836 - 09 Feb 2021 19:37

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Deleted

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Re: Aiming to be better. Introducing myself :)  
Posted by Lou - 09 Feb 2021 20:35

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[EvedHashem1836 wrote on 09 Feb 2021 15:08:](#)

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There is a site called Gruntig that posts Jewish music videos and other videos of interest. If there is anything not tznius in a video (presidential inauguration etc) they do a pretty good job at covering it up. It is great for the entertainment down time. My filter won't allow me to go from there to Youtube or Vimeo but if you don't have that set up like that it can lead to problems. It can also be a huge waste of time, but one step at a time!

Hatzlocha

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Re: Aiming to be better. Introducing myself :)  
Posted by EvedHashem1836 - 10 Feb 2021 05:05

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Was literally about to fall and look inappropriate things up on the internet which would have led to me acting out but I pushed myself to at least before that write down on a sheet of paper a pro/con list and it saved me.

When you feel an urge see if you can think rationally- if so it makes sense to make a pro/con list and once u do you realize what you almost did but stop yourself

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Re: Aiming to be better. Introducing myself :)  
Posted by Hy - 10 Feb 2021 12:19

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That's awesome advice. I've thought about pros and cons and it has helped me to an extent. I'll try actually writing them out the next challenge that comes up. Thanks!

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Re: Aiming to be better. Introducing myself :)  
Posted by EvedHashem1836 - 11 Feb 2021 01:05

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I think its just as important to post about your victories as is it to post about your failures

Got a invite to text on Skype from some random person (and from the profile picture it was a good looking girl) and almost hit accept and would have likely been a fall but made a split second decision to not go into that. Feels incredible. BezH more victories to come!

Closing in on 10 days BH

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Re: Aiming to be better. Introducing myself :)  
Posted by DavidT - 11 Feb 2021 01:59

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[EvedHashem1836 wrote on 11 Feb 2021 01:05:](#)

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If I may disagree...

posting about your victories is far more important than posting about your failures... not only for yourself but for the sake of your fellow gye friends...

keep it up!

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Re: Aiming to be better. Introducing myself :)  
Posted by Sapy - 11 Feb 2021 02:00

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Amazing! Congrats! Make sure to treat yourself, its important to feel proud of accomplishments.

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