

Progress tracking for yellow circle

Posted by pomegranate - 31 Aug 2025 20:37

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Greetings everyone I'm pleased to share with you a success with yellow circle tracking. I am . It then occurred to me while using the progress tracker that I can do the same thing but instead (or in addition to) rating a fall or an urge out of 10, I can rate how much i test filters on any particular day. I do this now on excell using 1 column for dates and the next column for the rating. I can then use the excell tools to calculate averages of periods of time or to display the data as a bar graph like the gye progress tracker or a line graph. This has made a noticeable difference for me, is a privilege for me to share with the choshuve oilam. Please see attached a theoretical sample.

Hatzlocho to everyone.  
struggling with a tendency to to repeatedly test any filter and none of them are perfect

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Re: Progress tracking for yellow circle

Posted by pomegranate - 31 Aug 2025 20:40

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Sorry, I couldn't upload excel, here's a screenshot attached:

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Re: Progress tracking for yellow circle

Posted by yitzchokm - 01 Sep 2025 03:35

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I am also counting for a yellow circle behavior but I gave up on not doing the behavior when I have an urge. What I am gaining from counting is learning what my triggers are and then doing things to try avoiding those triggers but I don't always succeed.

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Re: Progress tracking for yellow circle

Posted by chosemyshem - 01 Sep 2025 12:44

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Love it.

Maybe it would also help to view filter poking as a red circle? I strongly relate to filter poking being a persistent issue and, interestingly, the most "helpful" tool I've found has working on an unfiltered device - either I'm watching porn or not. That weird gray hazy area of filter poking hasn't come up as much. I'm by no means recommending that (although I will say I often felt equally out of control filter poking as I did when watching porn.) But what I'm trying to say is that filter poking is just a safe-feeling\* attempt to watch porn that is easy to lie to yourself about. So maybe we should count the machshava as a maaseh . . .

\*Credit to R' CO for that point.

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