

CHANGE... Before And After

Posted by rebakiva - 06 Nov 2024 15:53

---

Hi I'm opening this new thread for everyone to write in 1 thing per post, that has changed in their life from before joining the GYE community, to afterwards.

The change can be anything that has changed **due to being a part of the GYE community** in your personal life, in your marriage, for the people around you like family and friends, or even just a way of viewing certain things like your way of life etc.

If you want you can add an explanation for it, or why that thing has changed, or how it changed your life going forward.

Let's try to keep it at **1 thing per post, and not too long**, just so it'll be easier to read in the future.

Thanks.

=====

Re: CHANGE... Before And After

Posted by rebakiva - 07 Nov 2024 15:52

---

16. When I used to try to stay clean, I would be in a bad mood anything would tick me off, I would get mad in a few seconds, and I would think of everyone around me that they aren't  
}, now  
I **am clean** in a positive mood, happy with myself, I don't get angry so fast, and I feel humble and thankful for Hashem cleaning me, not me cleaning myself, therefore the people around are much more holy than I am, I look up at everyone, and love all of Klal Yisrael, Hashem's children.

Thanks BenHashem, This one was inspired by your post #13.

Running away in a bad and baal gaiva way is tiring.

Runing away in humble way is Positive and inspiring.

=====

=====

Re: CHANGE... Before And After

Posted by rebakiva - 08 Nov 2024 01:10

---

17. I never knew that a woman's **walk** can be triggering, but now after practically not seeing any women {obviously talking about 2nd looks} for about 2 months, boy can it be a trigger.

What an ever lasting opportunity to keep on winning, if it's not with looking, at least the ear is unavoidable.

=====

=====

Re: CHANGE... Before And After

Posted by rebakiva - 08 Nov 2024 18:09

---

18. Shabbos used to be a cue, it used to mean me looking at all the women in the street who were obviously dressed beautifully *for me* so that I should enjoy, but now shabbos is about **winning** for 24 hours straight, and the women dress beautifully *for hashem*.

=====

=====

Re: CHANGE... Before And After

Posted by rebakiva - 08 Nov 2024 18:11

---

19. I used to view sex as an opportunity for **me** to achieve intimacy, I now view it as an opportunity for **us** to achieve **true intimacy**.

For a detailed version click [here](#).

=====

=====

Re: CHANGE... Before And After

Posted by rebakiva - 10 Nov 2024 02:19

---

20. Back in the day when I tried to stay clean and not look at the women in the street, I would have imaginary women being born and growing in my mind, they would grow and grow till I just couldn't control myself anymore.

But now when skipping to look at the women passing me, I'm under control not imagining anything, and if God forbid imaginations start forming on their own, I just humanize them and nicely watch them fade away.

=====

=====

Re: CHANGE... Before And After

Posted by rebakiva - 11 Nov 2024 01:42

---

21. I used to define "the dark tunnel" as a mushy chulent consisting of all my problems.

But now I define the "tunnel" as the things that causes the darkness which is the tabooeness, and me hating myself, everything else is just the side effects of being inside the tunnel but not the tunnel itself.

=====

=====

Re: CHANGE... Before And After

Posted by rebakiva - 11 Nov 2024 01:45

---

22. I used to define the "light at the end of the tunnel" as me being reborn without any struggles.

But now I define it as having methods engraved in me that have become my second nature, to **know how to deal** with my struggles, like talking to friends, humanizing, etc.

=====

=====

Re: CHANGE... Before And After  
Posted by rebakiva - 12 Nov 2024 03:36

---

23. I used to be able to stay quite for days on end, Now I try to say at least 2 things a day with which my life changed since joining GYE.

=====

Re: CHANGE... Before And After  
Posted by rebakiva - 12 Nov 2024 03:38

---

24. I used to think I have soo much to say, Now I see that I'm runing out of ideas at #24.

I guess thats another reason why we try to make friends here on GYE, so that others can chip

=====

Re: CHANGE... Before And After  
Posted by jewizard21 - 29 Nov 2024 04:38

---

Before I had to force myself not to fantasize every time I had a conversation with a woman, now I can talk to her as a person! (De-objectifying women!)

=====

Re: CHANGE... Before And After  
Posted by jewizard21 - 29 Nov 2024 04:44

---

Lifes stresses, anxieties, and other feelings of the kind are now easier to deal with without the illusion that porn and masturbation will help me.

=====

in and help me achieve at least 2 things a day.

Re: CHANGE... Before And After  
Posted by ompaloompa - 09 Dec 2024 08:02

---

Amazing glad to hear

=====

Re: CHANGE... Before And After  
Posted by chaimoigen - 09 Dec 2024 16:40

---

I used to feel Pain and Pressure

As a force

that compelled **reaction**.

Now I feel and know

That I can choose

if and how I will **act**.

**This has translated into growth in every other area of life.**

#TYG

=====

Re: CHANGE... Before And After  
Posted by rebakiva - 25 Jun 2025 14:39

---

28. I used to make only 1 amazing firm decision to stay clean and kadosh for 90 {or 365 etc.} days.

Now I make 90 {or 365 etc.} amazing firm decisions to stay clean and kadosh...

Not to downplay the greatness of of 1 firm decision aka streaks, but it's still only 1 Kabbalah 1 tree with 90 x 24 {hours} branches, But 90 different Kabbalos are like 90 firm trees 90 firm decisions there's no autopilot {maybe smaller trees with only 24 branches, but planting each tree "separately" is in a way much more work}

=====

=====