

Yossi's Journey

Posted by Yossi.L. - 07 Sep 2011 03:22

Today is day 15 of my current cycle of cleanliness, may this cycle be the everlasting cycle! I always find that the beginning of my cycles are much easier to maintain cleanliness as opposed to a couple of months in. I feel like once I've driven my number of clean days up, i tend to lose the same intense focus as in the beginning. I pray that this cycle will be different. Any tips would be appreciated. Fighting on!

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Re: Yossi's Journey

Posted by Yossi.L. - 09 Sep 2011 16:52

Day 18 and heading in to the holy shabbos; my second full week on GYE and I'm loving it! Have a great shabbos my fellow soldiers!

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Re: Yossi's Journey

Posted by obormottel - 09 Sep 2011 16:55

Gut Shabbos, brother!

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Re: Yossi's Journey

Posted by Yossi.L. - 13 Sep 2011 21:16

Day 22,

Whenever my clean days start reaching 20 days I get very caught up in the days aspect of it. I can't wait for it to be 23...24.....25! I don't it's a bad thing becaus eit keeps me excited and focused on continuing my cleanliness. Any downside to focusing on the number?

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Re: Yossi's Journey

Posted by Yossi.L. - 21 Sep 2011 00:32

Day 29,

I am so proud of myself!

Yossi

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Re: Yossi's Journey

Posted by Gevura Shebyesod - 21 Sep 2011 02:35

We are all proud of you!

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Gevura!

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Re: Yossi's Journey

Posted by obormottel - 21 Sep 2011 05:21

awesome work!

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Re: Yossi's Journey

Posted by Yossi.L. - 21 Sep 2011 16:19

Thank you

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Re: Yossi's Journey

Posted by heuni memass - 21 Sep 2011 16:22

Yossi this is good stuff.

keep it up.

never let your guard down.

its not over till we are over. and that is hopefully in a while.

KOT-

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Re: Yossi's Journey

Posted by Yossi.L. - 02 Oct 2011 17:42

For the second year in row I fell on erev Rosh Hashanah. It wasnt a fall like last year where i found myself masturbating in the bathroom, but it was a fall nonetheless. I asked myself right after "how could I fall?" And i quickly realized the answer; because I am to enthralled in "I". The hardest step for me is the 'powerless' step. Every time i get an extended cleanliness streak going i start feeling really haughty about myself. I walk with an extra strut in my step as if to say that I'm the one who is completely fending away my evil yetzer hara. I forget that I am powerless, and the yetzer hara lies doormant ready to attack.

I felt horrible for 2 hours. And then I calmed myself down and said its time to get back to fighting again. I told myself very sternly "do not let your past mistakes shape your future".

Today is my 4th day clean and I feel great. I needed the slap in the face to remind me that i am powerless. I will stay focused on this powerlessness, and this time my cleanliness will be for good. What better way to start off my year then with a streak of cleanliness?!

I love you all and need your support.

Thank you.

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Re: Yossi's Journey

Posted by bardichev - 02 Oct 2011 17:47

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Re: Yossi's Journey
Posted by Yossi.L. - 02 Oct 2011 17:53

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LOL. Thats great. Took me a couple seconds to figure it out though.

Re: Yossi's Journey

Posted by ZemirosShabbos - 03 Oct 2011 18:29

Yossi, your honesty and your attitude on keeping at it afterwards are really great!

as the rebbe says: keep on truuuuuuucking

and one more thing,

[Yossi.L. wrote on 02 Oct 2011 17:42:](#)

I told myself very sternly "do not let your past mistakes shape your future".

why be stern? you can take a shot glass, look in the mirror, say lechaim to me (you) and very

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Re: Yossi's Journey

Posted by Yossi.L. - 03 Oct 2011 20:47

For the sake of getting it all out there;

The way i fell was as follows: I read in the newspaper that there was a new app for ipad that gave the ability to watch flash videos. (For all those newbies: ipad doesnt allow flash player movies to be played....hence this program). So i thought wow that would be cool to play a flash player video on my ipad. In retrospect; the only flash player videos i really would watch would be pornographic ones. So my addiction was planting a seed of taavah within me. Hours later i went

to study in starbucks and i brought my ipad with me...I downloaded the program and i decided to check out its capabilities. I automatically went to a non-pornographic video site but i knew that i had watched videos from there that were triggers in the past. I started to watch one of those trigger videos and i quickly shut it off and went to GYE.org. I started posting on other peoples walls instead of sharing my very current struggle. Eventually the temptation was too strong and i had to finish my trigger video, and watch two others before i could pull myself away.

Now the one positive thing I am realizing now as iw rite this is that although ive fallen 5 times in the past year, i feel like each time i fall its a smaller fall then the time before. Even though i was stooped in my addiction watching these videos i still didnt allow myself to watch pornography.

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Re: Yossi's Journey

Posted by Gevura Shebyesod - 03 Oct 2011 21:01

So you put up a fight, and got a partial win. I wouldn't call that a fall.

The road is bumpy, but you're truckin'!!!!

KOMT!!!!

Gevura!

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