

DaveKo Log

Posted by DaveKo - 30 Dec 2015 15:21

I am required to put a thread link. Ok. This is it.

Hello.

Day 1. Hangover. Lack of energy. Regret. No clarity. I usually recover the following day two. So I am going to see star wars in the movies.

"There has been an awakening... (From guard your eyes) Have you felt it?"

Cheers

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Re: DaveKo Log

Posted by DaveKo - 02 Feb 2016 08:57

Day 28

It happens that when I start having temptations, I come to gye, gain wisdom and perspective, and I get fortified afterwards.

I love to see the chart, and the badge. And then I keep looking the further badges to visualize where I want to be.

Thank you

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Re: DaveKo Log

Posted by iwant2begood - 02 Feb 2016 12:15

Same here! My goal is to reach the next level(and get the next badge!)

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Re: DaveKo Log

Posted by cordnoy - 02 Feb 2016 12:40

[iwant2begood wrote on 02 Feb 2016 12:15:](#)

Same here! My goal is to reach the next level(and get the next badge!)

Great stuff.

KOT!

My goal is to be sober today.

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Re: DaveKo Log

Posted by DaveKo - 18 Feb 2016 09:34

Day 44:

Tomorrow is half the way to 90 days.

What is working for me?

Daven.

Gye with all its help.

Guarding my eyes.

Lately TaPHSiC method was nice. It really is like... You know what? Pass...

Anyway. Try to slip less in general.

So

A. We are not stones.

B. The gye wisdom really says a lot of common things and tips.

C. Recognize it is an addiction.

And yes, there are times when the addiction knocks...(tempts)

Usually I come back to gye, to get perspective.

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Re: DaveKo Log

Posted by Shlomo24 - 19 Feb 2016 02:49

[DaveKo wrote on 18 Feb 2016 09:34:](#)

A. We are not stones.

Care to elaborate?

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Re: DaveKo Log

Posted by DaveKo - 19 Feb 2016 06:48

I heard this saying from a Rabi. We all get feelings sometimes on beautiful women. Even the most tzadik. "We are not made out of stone"

I guess, I would add, it is up to us how much we expose, what fences do we put where is required, etc. Because with fences, like gye handbook points out, you really avoid a lot of battles. (May not all, but way better in my current experience).

And some fences are normal fences in my case may have not properly used before.

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Re: DaveKo Log

Posted by Shlomo24 - 19 Feb 2016 07:18

Meaning that as human beings we are naturally going to have a libido?

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Re: DaveKo Log

Posted by DaveKo - 19 Feb 2016 07:34

Yes. We can strengthen, or chanel it. Or reserve it. But yes, somehow is natural indeed. I think.

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Re: DaveKo Log

Posted by cordnoy - 19 Feb 2016 12:55

[DaveKo wrote on Unknown:](#)

Yes. We can strengthen, or chanel it. Or reserve it. But yes, somehow is natural indeed. I think.

Yes, there are many people like that.

There are also a bunch of us who have surpassed that, and we have gone to the extreme.
Normal fences do not protect us.

B'hatzlachah to all

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Re: DaveKo Log

Posted by DaveKo - 29 Feb 2016 21:54

Day 55

It seems I am geting used to it. But now is when I have to watch out. First because I am still an addict. Second because I must not loose the habits that guard me from it.

B"H

Thank you guys

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Re: DaveKo Log
Posted by DaveKo - 01 Mar 2016 18:36

After 56 days, it is incredible how many things in life can I tackle, that I did not had time before...

Huge. And new.

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Re: DaveKo Log
Posted by DaveKo - 07 Mar 2016 19:01

Ok. Record. 62.

Now I am back to 0. I fell.

No porn.

In reality, I think the reason is deep.

I finished a nice project that kept me busy. (And I fell under a deep lack of sleep...)

Now a new project, with all the uncertainty of be out of my confort zone new.

It is no coincidence that just when I finished the project I fell.

Well. Better learn again to stay put under any project.

Good news. I doubled my record ever achieved. And with the right mindset, there is no so much pain. Admittedly a little at times.

Cheers.

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Re: DaveKo Log

Posted by markz - 07 Mar 2016 19:20

You're doing quite well!!

I used to fall in the middle of projects too... and at the start too...

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Re: DaveKo Log

Posted by cordnoy - 07 Mar 2016 19:24

Continued hatzlachah.

The books talk about project H.A.L.T.

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Re: DaveKo Log

Posted by DaveKo - 09 Mar 2016 16:19

I did not find project H.A.L.T.

Well, I might keep reading the books to see if I find it...

Wait. I think I am in project H.A.L.T. already!

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