

Neil

Posted by Neil - 04 Feb 2019 22:03

---

hello. My name is Neil. I want to be porn free. I am starting over.

Day 0

=====

=====

Re: Neil

Posted by Neil - 21 Mar 2019 23:20

---

A nice Purim.

Day 45

=====

=====

Re: Neil

Posted by Neil - 24 Mar 2019 09:01

---

Short Friday and nice Shabbos.

Days 46 and 47

=====

=====

Re: Neil

Posted by Neil - 24 Mar 2019 22:20

---

Not the best day but not the worst.

Day 48

=====

=====

Re: Neil

Posted by Neil - 25 Mar 2019 22:27

---

Tired today.

Day 49

=====

=====

Re: Neil

Posted by Neil - 26 Mar 2019 23:22

---

Had cravings today.

Day 50

I'd like to quit watching videos as well. I'm going to try to do that as well but of course it's far less important to me that not watching porn.

Day 0 of no videos

=====

=====

Re: Neil

Posted by doingtshuva - 27 Mar 2019 00:48

---

[Neil wrote on 26 Mar 2019 23:22:](#)

Had cravings today.

Day 50

I'd like to quit watching videos as well. I'm going to try to do that as well but of course it's far less important to me than not watching porn.

Day 0 of no videos

Once we're for sometime sober, we start seeing more things that we would like to quit.

Good work!

=====

Re: Neil

Posted by Neil - 28 Mar 2019 07:36

---

I messed up and watched porn for about an hour last night.

Day 0

=====

Re: Neil

Posted by Dave M - 28 Mar 2019 16:51

---

Neil,

I'm sorry about your fall. But you had 50 clean days! Thats a great start. Pick yourself back up and keep trying.

=====

Re: Neil

Posted by Neil - 28 Mar 2019 22:19

---

Thanks Dave.

I watched for a few minutes this morning as well. It's now been over 12 hours but I can't say I'm clean today.

Day 0

i think I'll leave quitting other videos for now.

=====

Re: Neil

Posted by ColinColin - 29 Mar 2019 00:19

---

Neil

Am sorry to hear you watched porn.

But that is not necessarily a fall.

I regard a fall as masturbation to orgasm.

Occasionally I watch porn for a minute or so, realise where it might be heading, and then thanks G-D stop myself.

To me that is a minor fall which does not break my count.

It does not mean that it is OK to watch porn, but for people on this Forum, we may well have minor slips and stumbles along the way.

We might be addicts.

And small relapses, or large relapses, are often the nature of addiction.

But I know that different people regard different things as a fall.

Breathe deep.

Try to work out why you watched the porn.

Increase positive activities.

Shabbat Shalom

=====

Re: Neil

Posted by Trouble - 29 Mar 2019 00:48

---

[ColinColin wrote on 29 Mar 2019 00:19:](#)

Neil

Am sorry to hear you watched porn.

But that is not necessarily a fall.

I regard a fall as masturbation to orgasm.

Occasionally I watch porn for a minute or so, realise where it might be heading, and then thanks G-D stop myself.

To me that is a minor fall which does not break my count.

It does not mean that it is OK to watch porn, but for people on this Forum, we may well have minor slips and stumbles along the way.

We might be addicts.

And small relapses, or large relapses, are often the nature of addiction.

But I know that different people regard different things as a fall.

Breathe deep.

Try to work out why you watched the porn.

Increase positive activities.

Shabbat Shalom

Fellow's been clean for five months, learning mussar, talking to guys, minding his eyes, goes to the John one day and develops an itch; hmmm.... Feels good, begins the act, two minutes later he orgasms. Me think that's not a fall either.

=====  
=====

Re: Neil

Posted by doingtshuva - 29 Mar 2019 01:07

---

[ColinColin wrote on 29 Mar 2019 00:19:](#)

Neil

Am sorry to hear you watched porn.

But that is not necessarily a fall.

I regard a fall as masturbation to orgasm.

Occasionally I watch porn for a minute or so, realise where it might be heading, and then thanks G-D stop myself.

To me that is a minor fall which does not break my count.

It does not mean that it is OK to watch porn, but for people on this Forum, we may well have minor slips and stumbles along the way.

We might be addicts.

And small relapses, or large relapses, are often the nature of addiction.

But I know that different people regard different things as a fall.

Breathe deep.

Try to work out why you watched the porn.

Increase positive activities.

Shabbat Shalom

I'm not telling you what to do, just wanted to clarify that according GYE and the 90 day chart watching porn is considered a fall.

These are the rules: [guardyoureyes.com/tools/90-day-chart/rules](https://guardyoureyes.com/tools/90-day-chart/rules)

## **What constitutes a "Fall" to require restarting the count?**

There are "slips" and there are "falls". "Slips" **do not** require restarting the count. "Falls" **do** require restarting.

A "Fall" is one of the following things:

- 1. Intentional masturbation (with finish)**
- 2. Intentionally viewing improper sites**
- 3. Intentionally calling inappropriate telephone numbers**
- 4. Intentionally seeking out and reading erotica**

In regard to number 2 (and 4), if someone saw something by mistake and then got a little bit carried away and kept looking at it, or even if someone saw a link and couldn't resist clicking on it but then catches themselves within a few seconds, that would only be considered a "slip", not a "fall". However, if someone decides to actively pursue viewing, that would be considered a fall.

=====

Re: Neil

Posted by Trouble - 29 Mar 2019 02:10

---

[doingtshuva wrote on 29 Mar 2019 01:07:](#)

[ColinColin wrote on 29 Mar 2019 00:19:](#)

Neil

Am sorry to hear you watched porn.

But that is not necessarily a fall.

I regard a fall as masturbation to orgasm.

Occasionally I watch porn for a minute or so, realise where it might be heading, and then thanks G-D stop myself.



To me that is a minor fall which does not break my count.

It does not mean that it is OK to watch porn, but for people on this Forum, we may well have minor slips and stumbles along the way.

We might be addicts.

And small relapses, or large relapses, are often the nature of addiction.

But I know that different people regard different things as a fall.

Breathe deep.

Try to work out why you watched the porn.

Increase positive activities.

Shabbat Shalom

I'm not telling you what to do, just wanted to clarify that according GYE and the 90 day chart watching porn is considered a fall.

These are the rules: [guardyoureyes.com/tools/90-day-chart/rules](https://guardyoureyes.com/tools/90-day-chart/rules)

### **What constitutes a "Fall" to require restarting the count?**

There are "slips" and there are "falls". "Slips" **do not** require restarting the count. "Falls" **do** require restarting.

A "Fall" is one of the following things:

- 1. Intentional masturbation (with finish)**
- 2. Intentionally viewing improper sites**
- 3. Intentionally calling inappropriate telephone numbers**
- 4. Intentionally seeking out and reading erotica**

In regard to number 2 (and 4), if someone saw something by mistake and then got a little bit carried away and kept looking at it, or even if someone saw a link and couldn't resist clicking on it but then catches themselves within a few seconds, that would only be considered a "slip", not a "fall". However, if someone decides to actively pursue viewing, that would be considered a fall.

Who really cares?

=====  
=====

Re: Neil

Posted by Neil - 29 Mar 2019 08:22

---

To clarify. I haven't masturbated in a few years. I'm here specifically to stop watching porn. For me, watching porn now feels the same as masturbation used to a few years ago. So, putting aside GYE rules (just for myself), I am counting time free from porn.

=====  
=====

Re: Neil

Posted by ColinColin - 29 Mar 2019 13:39

---

Sure, understood.

A day by day approach works best for me.

Shabbat Shalom.

@doingtshuva

Thanks for clarifying.

=====  
=====