My Clean Days Log
Posted by ??? ???? ???? ??? - 27 Jan 2020 01:01

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Hello GYE Forum.

I will mark my progress in this topic called, "My Clean Days Log." Thanks for any and all support and encouragement.

I will attempt to post a meaningful text (most often religious, but maybe secular as well) to accompany my journey. Comments on the texts are appreciated as well.

Day 1:

??? ???"? ?? ??????? ?? ??????? (????? ??? ?.)

My translation tonight: G-d does not bring down humanity with clever ploys (Avodah Zarah 3a).

Namely, the *mitzvos* that we must keep are doable and are not impossible tasks. As hard as they may seem sometimes, the *mitzvos* of *kedusha* are not clever ploys to trip up humanity, but rather they are achievable *mitzvos*. I believe in the eternity of the Torah and its applicability and relevance to every generation, most importantly this one and my life. It would then follow that I can accomplish great growth in the area of *kedusha* and that I can work to push back against the *yetzer hara*.

Thanks for reading!

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Re: My Clean Days Log
Posted by Dave M - 13 Oct 2020 16:48

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??? ???? ???? ??? wrote on 13 Oct 2020 15:10**:**

Day #34.

I am struggling at the moment with a strong urge to masturbate. I have been saying "no" for about an hour now. I decided to write a quick post about it.

I pray to Hashem that the urge should not overcome me and that I should be able to report "day #35" tomorrow.

Go for a jog. that will help break the urge. At the very least, go out for a walk

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Re: My Clean Days Log
Posted by ??? ???? ???? ??? - 14 Oct 2020 13:06
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Day #35.

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Re: My Clean Days Log
Posted by ??? ???? ???? ??? - 16 Oct 2020 15:51
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Day #37.

Have a good Shabbos everyone.

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Re: My Clean Days Log
Posted by ??? ???? ???? ??? - 18 Oct 2020 19:34
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Day #39.

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Re: My Clean Days Log
Posted by Realestatemogul - 20 Oct 2020 04:28
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Re: My Clean Days Log
Posted by ??? ???? ???? ??? - 20 Oct 2020 18:39
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Day #41.
Keep up the great work!!
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Re: My Clean Days Log
Posted by ??? ???? ???? ??? - 22 Oct 2020 13:46
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Day #43.

Thank you to everyone who has been clicking the "thank you" button. It makes a difference knowing that people are reading the thread.

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Re: My Clean Days Log
Posted by Realestatemogul - 23 Oct 2020 04:17
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Re: My Clean Days Log
Posted by ??? ???? ???? ??? - 25 Oct 2020 15:06
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#46.

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Re: My Clean Days Log
Posted by Striving to be good - 25 Oct 2020 15:54
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??? ???? ???? ??? wrote on 25 Oct 2020 15:06**:**

#46.

46 is the ??????? of ????, you are stealing from the ??? ???!

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Re: My Clean Days Log
Posted by ??? ???? ???? ??? - 26 Oct 2020 01:31
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Striving to be good wrote on 25 Oct 2020 15:54**:**

??? ???? ???? ??? wrote on 25 Oct 2020 15:06**:**

#46.

46 is the ??????? of ????, you are stealing from the ??? ???!

Or maybe I am like the ???? in the verse, ""?? ?????? ????."

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Re: My Clean Days Log
Posted by ??? ???? ???? ??? - 27 Oct 2020 13:06

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Day #48.

The desire does not go away, but as the days go on it becomes less of an option.

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Re: My Clean Days Log
Posted by Grant400 - 27 Oct 2020 13:59

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??? ???? ???? ??? wrote on 27 Oct 2020 13:06**:**

Day #48.

The desire does not go away, but as the days go on it becomes less of an option.

So true! You put it very well. The desire may be there, but at the same time the yetzer harah isn't. Just like with chilul shabbos. We may have a desire to turn the light off, because we won't be able to sleep the whole shabbos, yet at the same time we don't have a yetzer harah and it's not even a battle to actually do it because being mechalel shabbos r"l is so removed from us.

I was struggling to put my finger on the exact understanding, because in so many areas I have a tremendous desire to the degree that in the past I would've almost been guaranteed to give in. But now even in the face of tremendous desire and desperation there is no chance of me giving in. Thank you for explaining it!

Grant

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Re: My Clean Days Log
Posted by Hashem Help Me - 28 Oct 2020 03:20

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??? ???? ???? ??? wrote on 27 Oct 2020 13:06**:**

Day #48.

The desire does not go away, but as the days go on it becomes less of an option.

Excellently said! It's just like the guy who grew up enjoying Burger King cheeseburgers, and now became frum and still longs for one when driving by the restaurant, but does not even attempt to pull into the parking lot. Chevra, let's face it. The urge will be here for life, but we will just simply say "No, we graduated and don't do that stuff any more."

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Re: My Clean Days Log
Posted by ??? ???? ???? ??? - 29 Oct 2020 13:12

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Day #50.

I am going to start posting every five days as opposed to every other day. Thank you all for reading, thanking, and responding! Be well.

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