

My Clean Days Log

Posted by ??? ????? ????? ??? - 27 Jan 2020 01:01

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 #makelifegreatagain - 22 Apr 2021 22:03

All great streaks have one thing in common : they all start at Day #1. Here's to the beginning of a great streak!

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Re: My Clean Days Log

Posted by ??? ????? ????? ??? - 25 Apr 2021 17:04

Day #4.

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Re: My Clean Days Log

Posted by ??? ????? ????? ??? - 26 Apr 2021 02:37

Day #5.

I'll admit that it was embarrassing to announce to the GYE community that I was no longer in the 180s. It felt like failure. Then tonight I looked at my cumulative clean days count and I saw the number 418! I am amazed! That is since January 2020. Seeing that made me feel proud of my accomplishments. I didn't start over from zero. I just started my current count from zero. I will also say that the previous streaks make a difference for the current streak. I am already familiar with and trust myself that I can do without for an extended period of time.

I wanted to sign off by saying that hopefully this will be my last time in the single digits, but that isn't the point. The point is that, just like in all areas of life, I want to try to do my very best. So that is how I am going to sign off. I am posting here for accountability because I am trying to do my very best.

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Re: My Clean Days Log

Posted by ??? ????? ????? ??? - 27 Apr 2021 01:58

Day #6.

Thanks for all of the "thanks" on the last post. It makes a difference knowing that you all are reading these posts.

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Re: My Clean Days Log

Posted by ??? ????? ????? ??? - 29 Apr 2021 13:09

Day #8.

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Re: My Clean Days Log

Posted by ??? ????? ????? ??? - 02 May 2021 03:21

Day #11.

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Re: My Clean Days Log

Posted by EvedHashem1836 - 02 May 2021 03:27

Mazel Tov keep it coming!

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Re: My Clean Days Log

Posted by ??? ????? ????? ??? - 04 May 2021 16:16

Day #1.

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Back on track!

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Re: My Clean Days Log

Posted by Grant400 - 04 May 2021 16:27

[??? ???? ???? ??? wrote on 04 May 2021 16:16:](#)

Day #1.

Back on track!

Wanna join the challenge?

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Re: My Clean Days Log

Posted by ??? ???? ???? ??? - 07 May 2021 15:56

Day #0.

I am struggling with masturbation. I would say that the struggle is primarily due to a lack of good time management. I am alone during the day and I struggle with productivity.

I recently saw a suggestion to spend the first minutes of every day planning the day. *Bli neder*, I am going to start that practice. I hope that if I am busier, I will see greater success.

I am going on vacation by myself after Shabbos. I am writing this to be accountable to the GYE community and declare my intention to not masturbate the entire time I'm away. I will, *b'ezras Hashem*, report back on Tuesday that I was successful.

Thank you for all of your support and encouragement.

@Grant400 I will join the challenge. What do I have to do? Do I need to sign up on a different thread?

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Re: My Clean Days Log
Posted by HappyYid - 07 May 2021 17:17

[??? ???? ???? ??? wrote on 07 May 2021 15:56:](#)

@Grant400 I will join the challenge. What do I have to do? Do I need to sign up on a different thread?

Do it [here](#)

Hatzlacha!

Thanks for joining

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Re: My Clean Days Log
Posted by ??? ???? ???? ??? - 09 May 2021 15:34

Day #2.

I joined the [challenge](#). The extra accountability is helping.

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Re: My Clean Days Log
Posted by ??? ???? ???? ??? - 10 May 2021 00:03

My family has a product called Naki Radio. It is a WiFi radio that connects to various Jewish

streams and libraries. My daughter was listening to a stream called "Gedolim Stories." That title inspired this comment:

? '????'" (??' ?????? ???? ??:??-?) ??? ?? ??? ??? ?????? ?????? ??? ?????? ??? ?????? ??? ?? ?????? ?????????? ?????????? ???' ?????? ??? ?????? ??? ?????? ?????? ??? ?????? ?????????? ?????????? ?????????? ?????? ?????? ?????? ?? ?????? ?????? ?????? ?? ?????????? ?????? ?????????? ?????????? ?????????? ?????????? ?????? ?????????? ????

The Rambam wrote (Laws of Forbidden Relationships 29:18-20) the hardest prohibition for the majority of the nation to observe is that of forbidden sexual relationships and activities. [...] You will not find a community in any generation that does not have within it those who have an unbridled pursuit of forbidden sexual gratification. [...] Therefore, it is appropriate for a person to control his urges in this matter and to accustom himself to holiness, pure thoughts, and proper perspectives in order to be saved from his urges. [The translation is my own.]

In the year ????", there was a group of men who found themselves struggling with the same struggle described in the holy words of the Rambam. It was so hard for them. They couldn't control their urge to masturbate. They couldn't control their temptation to look at forbidden images and videos.

They couldn't continue with the status quo. They couldn't continue seeing themselves not living up to their values. Letting out a sigh during *Tefilah Zakah* when uttering the parts about forbidden sexual activity was no longer enough for their service of their Maker.

These men were *Gedolim*. They joined GYE. They had longer streaks of refraining from forbidden activities. They encouraged and expressed so much love and care for each other. They commiserated with each other after low periods and celebrated each other's successes. They challenged each other to reach greater and greater heights.

So, yes, the term "Gedolim Stories" refers to the genre of story of legendary Torah scholars. However, let it be known that what we are doing here as part of GYE is nothing short of pure *gadlus*.

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Re: My Clean Days Log

Posted by ??? ????? ????? ??? - 11 May 2021 14:14

[??? ????? ????? ??? wrote on 07 May 2021 15:56:](#)

I am going on vacation by myself after Shabbos. I am writing this to be accountable to the GYE community and declare my intention to not masturbate the entire time I'm away. I will, *b'ezras Hashem*, report back on Tuesday that I was successful.

Day #4.

I went on vacation, took a much need break and did not masturbate!

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