

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 ??? ????? ????? ??? - 21 Mar 2022 00:43

Until today, my longest streak was 188 days. I reached that on March 15 2021. Today, just over a year later, I have reached day #189.

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Re: My Clean Days Log

Posted by ??? ????? - 25 Mar 2022 02:13

Not just a day count post...

First of all, great thank you to all those who comment, thank you, and read my thread.

I had an urge today. Pretty serious one too. There wasn't an event that caused it per se. I'd say it was physiological. I haven't been getting a lot of sleep at night and I have been more tired. I really got into that back and forth should-I-or-not struggle.

Surprisingly, I actually felt pretty strongly that pornography is out of the question. My work computer is unfiltered. I don't think my internet use is being monitored, but the thought that I would be flagged and exposed was discouraging. I'm also not as interested anymore.

Masturbation, on the other hand, the urge was strong and I wanted to do it. I think part of it has to do with my comfort with doing it as I have done it so many times unfortunately. I also am not as "frum" anymore maybe. The fact that the prohibition is clearly stated in rabbinic literature and codified in all halachic works doesn't carry the same weight for me anymore. For me, I have to join experience and practice with the holy texts. I don't have an experience or practice around the prohibition of masturbation, quite the opposite. It is not discussed publicly. It is the prohibition left unsaid. In fact, some sources refer to it as "that sin" as opposed to referencing it explicitly. So, it becomes a question of how strong is my faith in doing something simply because it is stated in the Medrash or in the Gemara. No worries if you didn't catch my theological reflection, I am just trying to explain how I no longer have the sense of urgency in me to avoid masturbating because I truly believe G-d doesn't want me to. Maybe this is a prime example for me of "one who sins and repeats it treats it as a permissible act." I don't know. Just have to be honest with myself.

The part of me that doesn't want me to masturbate for religious reasons prevailed. First, I got up from my desk and ran an errand. That didn't work. Next, I took a nap. That helped. Woke up and the urge passed.

Day #193.

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Re: My Clean Days Log

Posted by committed_togrowth - 25 Mar 2022 04:28

Thank you for sharing, your presence on this forum is a huge chizuk to me and I'm sure it is to many others. I wanted to share an idea (I'm sure it is one you know but I'll write it out anyway in case it's helpful). It says in Chovos HaLevovos something like "it is a law of nature that desire will influence the human intellect." We aren't purely intellectual beings because while we are in essence a soul we also have a body and, to put it in Rabbi Bentzion Shafier's words, most of the time we're essentially walking around drunk. For example, we can wake up one day and lack clarity on even the most fundamental thing of all, Hashem's existence. From the body's perspective maybe He does exist maybe He doesn't, but it doesn't really matter either way because right now I want this pleasure that's very real and very in front of me. It's baked into your nature as a hybrid spiritual and physical being that you will experience a lack of clarity and not see why halacha has any bearing on your reality. This is to make room for the possibility of free will, which you just succeeded in exercising in an amazing way! (If this misses the point you)

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Re: My Clean Days Log

Posted by ??? ???? ???? ??? - 25 Mar 2022 13:24

[committed_togrowth wrote on 25 Mar 2022 04:28:](#)

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were making in your reflection please ignore me

There is a Gemara that I often think about when it comes to my theological musings. Basically, the Jewish people never really believed in idolatry, but they served it in order to permit public sexual immorality or to publicly permit sexual immorality. In other words, a generalization that any ideology that isn't strict adherence to the Written and Oral Torah is driven by a motive to legitimize some forbidden or frowned upon desire. That seems to be part of your response and I appreciate it and it definitely applies to my situation and post.

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Re: My Clean Days Log

Posted by DavidT - 25 Mar 2022 13:55

Rabbi Efraim Glassman Shlita said an interesting point, that when a person asks himself "Why should I not act out?" He should start off the list with gashmiyus-related reasons and then get to ruchniyus-related reasons. The reason for starting the list with gashmiyus-related reasons for why this behavior will affect his life in Olam Hazei, follows what the Gemara says: when a person is faced with a strong nisayon, his yetzer tov plays a small role. Therefore, if a person has a simple, gashmiyus-related cheshbon for how he stands to lose in Olam Hazei by doing it, then it will be more helpful for him than coming up with a ruchniyus-related reason for how this behavior will impact his Olam Haboh. This is particularly true if a person's level of yiras shamayim is not so strong; such a person may, under certain circumstances, try to excuse himself from any ruchniyus-related reason to stop. Therefore, although ruchniyus reasons are very important it is still preferable to start the list with gashmiyus-related reasons.

This idea of using gashmiyus reasons before ruchniyus ones can be seen from the Torah's account of Yosef and the wife of Potifar. When she confronted him, Yosef's first response to her was that doing this aveirah would betray her husband's trust in him. Only afterwards did he continue on to say that by doing this aveirah, he would be sinning against Hashem.

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Re: My Clean Days Log

Posted by ??? ???? ???? ??? - 01 Apr 2022 01:36

Day #200.

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Re: My Clean Days Log

Posted by Realestatemogul - 19 Jun 2022 11:20

Hey!

V'kam, V'kam, V'kam!

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Just want to remind you that you are awesome!