

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 Hashem Help Me - 04 Mar 2020 04:18

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Beautiful healthy post. May Hashem help you realize your dreams!

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Re: My Clean Days Log

Posted by ??? ?????????? - 06 Mar 2020 02:35

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Day 40.

Now, for some real honesty.

I am angry, sad and scared for my future right now. It has to do with employment and a family to feed. It has to do with my identity in the field that I work in. It has to do with hope.

For the last 17 years of my life, the way I would deal with all of that bottled up emotion is to masturbate, with pornography or not. The news I received tonight is of the most difficult news that I have received in 17 years. I am not looking for anyone's sympathy, so please no "hang in there" or "it will all be okay" posts. I am here to declare that I have no intention of masturbating and I have no access to pornography and that is freakin' awesome.

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Re: My Clean Days Log

Posted by Fightingaddictionnow - 06 Mar 2020 03:14

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As always you are an inspiration and a real role model. Thank you.

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Re: My Clean Days Log

Posted by Hashem Help Me - 06 Mar 2020 03:40

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This post is gadlus. Raw painful feelings. Longing for past releases, but declaring NO! Don't worry about people giving you sympathy. You are above that. You deserve a good old fashioned complimentary heavy handed pat on the back, and then a hug. This is the stuff heroes are made from.

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Re: My Clean Days Log  
Posted by Snowflake - 06 Mar 2020 12:52

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I have no idea what you're going through, internally. All I can say is (perhaps in a lesser scale), I go through the same feelings. When something bad or undesirable came up I had an "easy way out" in the past. Now I don't, and I second you, it's great. It forces you to take your problems head on and try to find healthy outlets for the built-up stress. It's definitely different and takes a lot of adaptation. But the end results are great.

Keep us posted, and thank you for sharing. It may sound clichéd but you really are an inspiration for us, there's no other way of wording that.

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Re: My Clean Days Log  
Posted by Dave M - 06 Mar 2020 14:37

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My Hashem send you a speedy yeshuos and give you the strength to overcome your current challenges. I will davan for you.

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Re: My Clean Days Log  
Posted by ??? ???? ???? ??? - 16 Mar 2020 00:29

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Day 50.

Nice to report that one. Nothing much to say. Could I be more careful with ?????? ?????? when I go out in public? Yes. Could I be more careful to spend more time learning? Yes. I have a ways to go, but pornography and masturbation are just not a part of my life right now.

I embrace the uncertainty of "will I be able to stay on this course forever." I had a solid 50 days free of the dirty stuff. That's great. Who knows what tomorrow will bring? All I can do is stay the course. Continued denied access. Continued usage of GYE.

Thanks for reading.

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Re: My Clean Days Log  
Posted by P1200634 - 16 Mar 2020 00:37

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WOW That's really incredible, really so so inspiring!! keep it up!!

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Re: My Clean Days Log  
Posted by iwillnevergiveup - 17 Mar 2020 05:37

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When I see someone expressing their genuine struggle and not giving in, it inspires me to be better. Keep it up

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Re: My Clean Days Log  
Posted by ??? ???? ???? ??? - 26 Mar 2020 01:01

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Day 60.

I keep a list of goals inside the front cover of my *Mesilas Yesharim*. Getting my pornography and masturbation issues in order has been on the list for years. It is no longer on the list.

That doesn't mean that I think I beat the *yetzer hara*. I am well aware of the likely consequences of discontinuing my posts and granting myself access to inappropriate materials.

That being said, I have a system that is currently working and I can now shift my focus to other things.

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Re: My Clean Days Log

Posted by Realestatemogul - 26 Mar 2020 02:22

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I'm happy to hear you are able to move on to other things!

Although you could remove it from your to do list, you should keep there on the "Trophy" side!

Either way, keep up the great work!! Hashem loves you!

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Re: My Clean Days Log

Posted by ??? ???? ???? ??? - 27 Mar 2020 03:43

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Day 61.

I just wanted to say that there is something so powerful about clicking the update drop down on the left side of the screen and selecting "I'm still clean."

What I thought about just now, is that it isn't the satisfaction of another day without pornography and masturbation. I have already written in this thread how I don't get that much satisfaction out of abstaining.

What is powerful, for me right now, is that the act itself of selecting "I'm still clean" actually is a reminder of my commitment and really stops me in my tracks from acting on my sexual urges. More than it being a marker of my progress, it helps me get through the next day.

The 90-Day Count and this forum thread have been great interventions in helping me these last 61 days.

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Re: My Clean Days Log  
Posted by Realestatemogul - 31 Mar 2020 04:11

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Thank you for sharing and keep at it! Klal Yisroel needs more people like you taking on the yetzer hara!

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Re: My Clean Days Log  
Posted by ??? ????? ????? ??? - 05 Apr 2020 01:58

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Day 70. Didn't see that one coming! Awesome!

I wanted to write something that I have been thinking about over the past weeks. I wrote in one of my early posts how I--from a young age--have been conditioned to sit in front of a screen, tune out, and watch. Television, video games, internet. All of it and a lot of it.

I didn't grow up with the same values that I have now and when I went to yeshiva, I accepted--superficially--that those mediums of entertainment are forbidden. Waste of time. Unholy. While in yeshiva, in an environment that was 24/7 Torah study, I was able to conform to that way of life and spend my entire life in the beis medrash. When I went to kollel and certainly now in my years post-kollel, when and where I am not in a 24/7 Torah study situation, I had an internalized need to turn back to the resources of entertainment of my youth. The value of no TV and internet may be a great value and I truly believe in it to a large extent, but it was not working with my experience. I didn't realize this truth.

When I got a laptop, I blocked everything. Why should a ben Torah like me have any of that stuff on my machine? Problem is, I still had a habit to spend downtime sitting and watching in front of a screen. I would use my wife's machine--just because that is what I always did--and then inevitably, the other part of what I always did came up, pornography and "pleasuring myself."

Presenting myself with no option other than to learn Torah did not do well for me at home. Since I started GYE in January, I have relaxed and expanded the possibilities. I have access to some forms of entertainment on my computer which has an excellent pornography filter. I have no reason or need to ever use my wife's machine. Am I learning less? Yes. But I have also gone 70 days! I have a ways to go in my spiritual life. I would like to spend more of my free time in holier pursuits. That is true for me. However, I have made leaps and bounds in one area. 70 Days!

Thank you for reading and thanks to all who post replies and thank yous.

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