

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 ??? ????? ????? ??? - 13 Apr 2020 03:51

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Day 78.

I have to say that this day was the hardest of them all in terms of this struggle. I came very close

to breaking my streak. I know that I got close because I had the very familiar and intense internal struggle. "Should I give in or not?" I hate to say it, but I am also grateful that I can say it, that it wasn't *yir'as shomayim* that sealed the deal, but rather it was my commitment to my 90 day count and this forum thread. It just wasn't worth it.

I should add that if no one had responded to my posts or did the thank yous, I probably would not have made the decision I made last night. Thank you to those who have posted replies.

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Re: My Clean Days Log

Posted by lionking - 13 Apr 2020 07:00

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Hi Tzadik,

Thanks for the post. I understand the struggle, I've had that alot in the past.

MMay you be matzliach malleh malleh.

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Re: My Clean Days Log

Posted by Fightingaddictionnow - 21 Apr 2020 21:30

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Our dear ??? ????? ???? ????!

I just came in to check on your progress and was so inspired reading this thread. The last few updates are full of amazing thoughts! Thank you for keeping us in the loop and providing me with such Chizuk! Keep on going!!

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Re: My Clean Days Log

Posted by ??? ????? ????? ??? - 22 Apr 2020 14:15

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Day 87.

Thank you for all of the encouragement. I admit that it has been a bit more challenging the last couple days. As I have written about in previous posts, my struggle with pornography and masturbation almost always starts in front of a screen. While I haven't "fallen," I have come close. To address this, I have resolved to cut out a lot of time in front of my computer. To cease or at least greatly limit certain online activity. Not letting the Internet be a place to reside, but only a tool when I have a very specific need. I created my own log to chart my progress.

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Re: My Clean Days Log

Posted by Realestatemogul - 23 Apr 2020 03:35

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We are all rooting for you!!! It's incredible how determined you are, and Hashem should give you the strength to go all the way!!

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Re: My Clean Days Log

Posted by ??? ????? ????? ??? - 24 Apr 2020 01:26

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Day 1.

Please don't post any words of consolation. I really don't feel that bad at all. I haven't given up in twelve years, I have no reason to give up now.

I would, however, appreciate support for my integrity. I was thinking about how the way in which I broke my streak was minor compared to what I used to do before starting GYE just over three months ago. I thought about continuing to report "still clean." "It was just this one time." I stopped myself and said that this "clean streak" has to be *glatt kosher*. No nonsense. No excuses and explanations.

As I have written about in past posts, screen time is really a big trigger. I know what I need to cut and I know what I can do to make it more difficult for me to "fall."

I am looking forward to passing my 88 day record and I am happy to report that over the last 96 days, my record is 94/96. Not too shabby.

Keep reading and keep supporting!

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Re: My Clean Days Log

Posted by marco93 - 24 Apr 2020 03:42

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That was Sheva Yipul Tzaddik. Now time for the Vikom!!

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Re: My Clean Days Log

Posted by Jj123 - 24 Apr 2020 05:53

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Can I just say that I'm jealous of how you reboot from a place of strength?

It's amazing how level headed and to the point your reaction to a slip/fall is.

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Re: My Clean Days Log

Posted by Singularity - 24 Apr 2020 06:16

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I'd like to say even if a tzadik fell an eighth time it would still be fine :O

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Re: My Clean Days Log

Posted by Realestatemogul - 26 Apr 2020 03:48

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Love the attitude!! Keep up the great work!

Also, you mentioned about integrity. It is truly incredible how GYE is anonymous yet we are all so honest with ourselves and where we are up to.

Hatzlacha!

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Re: My Clean Days Log

Posted by ??? ????? ????? ??? - 17 May 2020 02:32

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Day #10.

Took a bit longer than I'd like to get here, but I'm here. For no real good excuse, I had access for a short period of time and that was it. Now that the access is out of my home, I was able to start over.

I just wanted to say to the readers of this thread that "giving up" has never been an option for me. My pattern usually is "falling" at night. I have never once woken up the next morning and made peace with my "falling." It has always been the attitude of okay let's try again. I think that this attitude is something to be tremendously proud of in and of itself. To not make peace with the situation. To at least hold these things at bay.

So, I had a short period of "falling" and not giving up and now I am here to report ten days.

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Re: My Clean Days Log

Posted by Singularity - 17 May 2020 03:57

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Double Digit Dynamite!

What does make peace with your falling mean?

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Re: My Clean Days Log

Posted by ??? ???? ???? ??? - 17 May 2020 04:10

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To give up. This is part of me. I'm not going to change. I am always going to watch pornography and masturbate. That would be making peace with it.

As opposed to, really wish I didn't do that last night. Oh man. Not okay. Got to figure out how to not do that anymore.

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Re: My Clean Days Log

Posted by Singularity - 17 May 2020 04:30

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Interesting.

Is there possibly a middle road of:

This is who I am and what I do, and I accept that. That doesn't mean I approve of it, but I can't keep fighting that I should be someone different. I acknowledge this of myself and hope to be reprieved of it today, so where do I go from here?

Can't you feel the serenity seep through?

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