

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:

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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 Realestatemogul - 23 Sep 2020 00:52

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Posting day counts is so important, even without a long winded message.

Keep up the great work!!

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Re: My Clean Days Log

Posted by ??? ????? ????? ??? - 23 Sep 2020 13:08

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Day #14.

I am now going to switch to posting every other day. I have had very few urges in these two weeks. Being intentional about stopping and posting here have been great interventions.

Although I have written about this in my previous streaks, it is worth noting again. I do not have any access to stimulating materials. That is the greatest intervention.

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Re: My Clean Days Log

Posted by ??? ????? ????? ??? - 25 Sep 2020 13:56

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Day #16.

Right after I wrote that post on day #14 about having very few urges, I had an urge. I got up from my desk and got some fresh air. That helped this time. Other than that,--due to my extra measure of caution and intentionality--smooth sailing.

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Re: My Clean Days Log

Posted by ??? ????? ????? ??? - 27 Sep 2020 11:35

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Day #18.

G'mar chasimoh tovoh.

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Re: My Clean Days Log

Posted by ??? ????? ????? ??? - 29 Sep 2020 13:30

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Day #20.

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Re: My Clean Days Log

Posted by ??? ????? ????? ??? - 01 Oct 2020 13:46

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Day #22.

I wouldn't call yesterday challenging in the sense that I almost had a "fall," but I did have a lot of urges. So, in that sense, challenging.

I have written about how I am spread very thin professionally and that I work from home. Not easy to stay on top of everything and be productive all the time. Also, it is very stressful. I am very behind on some deadlines. I hope to unbury myself during Chol HaMoed or after Simchas Torah and then set up a regular schedule to easily meet all of my obligations. The main thing is that I should only be in front of the computer screen when I have to. Not the whole day. Way too many distractions. The distractions keep me from being productive and then the urges come. But, b"h, no access to stimulating materials.

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Re: My Clean Days Log

Posted by Realestatemogul - 05 Oct 2020 03:57

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There are definitely alot of challenges these days, and yom tov and covid isn't the easiest duo.  
Wishing much success in catching up and work obligations and staying the course!

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Re: My Clean Days Log

Posted by ??? ????? ????? ??? - 05 Oct 2020 11:19

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Day #26.

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Re: My Clean Days Log

Posted by ??? ????? ????? ??? - 07 Oct 2020 13:19

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Day #28.

Unfortunately, I am spending Chol HaMoed--a time meant for eating, drinking and learning Torah--catching up on all the work that I am behind on. Fortunately, my seven-year-old daughter is spending each day playing in my office. I am much more productive with her in the room and don't have any issues or urges.

A gutn moed!

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Re: My Clean Days Log

Posted by wilnevergiveup - 08 Oct 2020 06:48

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[??? ????? ????? ??? wrote on 07 Oct 2020 13:19:](#)

Day #28.

Unfortunately, I am spending Chol HaMoed--a time meant for eating, drinking and learning Torah--catching up on all the work that I am behind on. Fortunately, my seven-year-old daughter is spending each day playing in my office. I am much more productive with her in the room and don't have any issues or urges.

A gutn moed!

This is surely better then me, spending my Chol Hamoed, a time meant to catch up on all my learning, instead on eating and drinking.

The main thing I think is to be productive, In all my years I have never felt even the faintest amount of productivity from eating and drinking, but that's just me.

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Re: My Clean Days Log

Posted by ??? ???? ???? ??? - 08 Oct 2020 13:58

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[wilnevergiveup wrote on 08 Oct 2020 06:48:](#)

[??? ???? ???? ??? wrote on 07 Oct 2020 13:19:](#)

Day #28.

Unfortunately, I am spending Chol HaMoed--a time meant for eating, drinking and learning Torah--catching up on all the work that I am behind on. Fortunately, my seven-year-old daughter is spending each day playing in my office. I am much more productive with her in the room and don't have any issues or urges.

This is surely better than me, spending my Chól Hamoed, a time meant to catch up on all my learning, instead on eating and drinking.

I totally agree with you, wilnevergiveup. I was just quoting the Talmud Yerushalmi. In fact, that is what the Yerushalmi says!

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Bo Bar Mamel said: If there was someone who would be appointed with me, I would permit all forms of work on Chol HaMoed. The reason they initially forbade work on Chol HaMoed was so that they **could eat, drink, and learn Torah**. But in reality, they are eating, drinking, and *pochazin* (getting drunk and sinning).

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Posted by ??? ????? ??? - 09 Oct 2020 16:09

Day #30.

Wishing everyone a good Shabbos and a good Yontif.

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Posted by ??? ????? - 12 Oct 2020 13:53

Day #33.

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Re: My Clean Days Log

Posted by ??? ????? ??? - 13 Oct 2020 15:10

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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.

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