

Going to do this

Posted by Meyer M. - 05 May 2020 13:12

was clean for 24 days, I never in my mind would've thought I would've been able to do it, I though I was going to be clean for a week at most and here we are at 3 weeks (24 days), unfortunately I fell but I'm looking forward to seeing what I can do next

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Re: Going to do this

Posted by Hashem Help Me - 31 May 2020 04:38

26 is gematria of Hashem's name. You are being mekadesh shem shomayim. Continued hatzlocha b'ezras Hashem.

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Re: Going to do this

Posted by yosef10 - 01 Jun 2020 03:41

:stuck_out_tongue_winking_eye:Keep up the great work, just make to sure to also celebrate your accomplishments (in a healthy way of course). This isn't just a show... It's a new you that

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Re: Going to do this

Posted by Meyer M. - 02 Jun 2020 05:35

Day 27: Clean

Day 28: Clean

tbh my mind has been wandering to my girlfriend that I love, would this be considered healthy or is it something to be worked on as well? I think its healthy and desires are part of life but maybe im wrong?

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Re: Going to do this

Posted by yosef10 - 02 Jun 2020 13:30

I'm no bakee, but o recall hearing from an addict quoting the big book that they had no control over lust. It's great you love your girlfriend, and I'm sure it's good to think about and be concerned about her... Just make sure it's not lust, if it is then it's the exact thing on the screen your staying away from, don't say because she's real it's ok... Don't indulge yourself.

If nkt, then I rthink it would be fine, but only you can make that distinction.

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Re: Going to do this

Posted by Meyer M. - 03 Jun 2020 03:39

Day 29: Clean, Hang on folks we are almost at one month!

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Re: Going to do this

Posted by givemechizzuk - 03 Jun 2020 18:41

absolutely incredible!

keep it up!

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Re: Going to do this

Posted by Meyer M. - 04 Jun 2020 12:22

Day 30: Clean!

Ok, quick recap of my last two months on GYE

Began on GYE: Had SSA thoughts. Lust was commonplace. Porn sites were a daily activity.
Discharged 3-4 times a day

End of Month 1: SSA gone down. Lust still prevalent but not as bad.

End of Month 2: SSA virtually gone. Lust still there but fading

In General: Discharges are down to once a month (by average). No longer am tired all the time (except when I go to sleep late), Strength has returned. Learned to walk looking down if I can't simply ignore and look away from a women. Am able to make rational calm decisions that have helped me. Needless to say porn sites are out the window.

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Re: Going to do this

Posted by Hashem Help Me - 04 Jun 2020 12:45

Keep it up and keep sharing. Newcomers to the site need to see it is possible!

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Re: Going to do this

Posted by starting - 04 Jun 2020 14:24

Amazing!!!

Now can you share your secrets? How on earth did you manage that so quickly??

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Re: Going to do this

Posted by yosef10 - 05 Jun 2020 01:59

[starting wrote on 04 Jun 2020 14:24:](#)

Amazing!!!

Now can you share your secrets? How on earth did you manage that so quickly??

I'll have what he's having.

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Re: Going to do this

Posted by Meyer M. - 05 Jun 2020 03:31

Day 31: Clean.

I don't think there's any secrets here, everything I did is said in every shiur on these topics. The few key things that need you need have to do it though are willpower, restraint, and the actual desire to get out of this hole.

Listening to shiurim helps, training yourself to walk looking down (or in the very least look into the distance and ignore whatever is enticing you). Being busy is critical to avoid down periods where you can lose yourself (come onto GYE during those periods). Learning is a lifesaver.

From my view as a non-married working individual. Some days it's not possible to learn or to listen to a shiur, when you're driving a car you can't look down and away from sights. You will be down at some point or later. It's simply fighting the fight and not giving in. I will say Rabbbi Shafier's lecture (The Fight @ <https://theshmuz.com/series/the-fight/>) is a fundamental tool in this fight and is highly recommended, some books that were recommended to me by a rav go very deep into this topic and I wouldn't read them without a rav's say so. Other than that, idk, no secrets here

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Re: Going to do this

Posted by DavidT - 05 Jun 2020 13:56

[Meyer M. wrote on 05 Jun 2020 03:31:](#)

Day 31: Clean.

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Mayer , you're a true inspiration! Keep it up...

If I may add one very important point:

The Talmud, tells us that a person's yezter hara (evil inclination) grows stronger and renews itself every day. And without Hashem's help, we are powerless to overcome it. (Kidushin 30b)

Will power alone is often not sufficient when dealing with these addictive behaviors. Not only that, but lust is so powerful that even the greatest Tzadikim who feared Hashem with all their hearts, sometimes felt powerless when faced head-on with lust. See what happened with Masya ben Charash and Rav Amram, Rabban Shel Chassidim. In both these cases, these great Tzadikim had to take extreme measures to ensure they didn't stumble.

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Re: Going to do this
Posted by yosef10 - 05 Jun 2020 14:06

[DavidT wrote on 05 Jun 2020 13:56:](#)

[Meyer M. wrote on 05 Jun 2020 03:31:](#)

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100% agree. You always have to try to keep up with your doing. Even its it's too difficult. Do t get confident. We always have to know and understand that no matter at what point were at in the struggle, and whether it's eisoer at that time or not... We are always succeptable to another fall, there's always a part of us that still wants it. So you can never be too careful even after your well deserved success.

So so keep your head up high, pat yourself on the back, and keep up the great work.

Habe be a great Shabbos!,!!

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Re: Going to do this

Posted by Meyer M. - 07 Jun 2020 04:35

Day 32 (friday): Clean

Day 33 (shabbos): Clean

100% agree with all the responses, yasher koach and lets keep moving!

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