

Freedom

Posted by Meyer M. - 04 Aug 2020 02:24

Ok here goes,

Purim 2020: Joined GYE and started working on self for pornography, SSA thoughts and masturbation, didn't really get serious till Pesach

Pesach 2020: Started pushing myself to break free, saw major success and pulled through for 3 weeks when I felt I could only do a few days

May 2020: Started 90 day challenge. SSA stopped being a constant lust a whole day although still apparent (SSA partially attributed to high lust and a small lack of happiness with relationships) stopped feeling tired a whole day, no longer felt weak all the time, physically changed a lot for the better. (Thread from here till

August: <https://guardyoureyes.com/forum/4-On-the-Way-to-90-Days/349216-Going-to-do-this>)

June 2020: Learning improved drastically when previously wasn't able to learn even for 5 minutes. Improved to nearly over an hour of steady concentration.

July 2020: All of the above mentioned changes continued and pornography/masturbation remained at zero use (all while I was going through a rough period for three weeks which was amazing considering I was depressed and normally I would act out as a result). Eventually gave in to my depression and fell at 78 days. SSA fell a lot more but the most tempting material in my head still remained.

August 2020: 90 Day challenge restarted more focused on masturbation where previously it was focused on pornography (Kept off both, just more emphasis placed on pornography). Fell once in the month. SSA has gone away. That's two goals (SSA and P) knocked out of the park.

September 2020: Lots of success but lack of words right now, updating a different time.

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Re: Freedom

Posted by Im Tevakshena Kakasef - 08 Sep 2020 17:24

Mazel Tov on the 3 week milestone!

I had my first wet dream after 16 days clean last night. Ironic no? Ah well, at least were handling this together.

I don't know about reading up on these things. For one, that tends to put them at the front of the mind, and I think its best to ignore them. And none of the sources I know on the topic of nocturnal emissions in halacha are particularly cheery. More like downright depressing. That having been said, I don't know much so ich veis nicht. And the ones I do know are probably not discussing our situatuons - more likely they discuss when you are the one at fault, not when you are trying to do better. Could be some cheery mekoras out there.

Keep on trucking.

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Re: Freedom

Posted by Meyer M. - 09 Sep 2020 23:06

Cheers y'all!!

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Re: Freedom

Posted by Meyer M. - 10 Sep 2020 02:42

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Day 23: Clean

Re: Freedom

Posted by Meyer M. - 11 Sep 2020 02:58

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Re: Freedom

Posted by Im Tevakshena Kakasef - 11 Sep 2020 09:48

Smashing it.

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Day 24: Clean!

Re: Freedom

Posted by Meyer M. - 13 Sep 2020 02:21

Had extreme urges over shabbos due to lack of caution when walking in the street. An image that you see will be put in your brain **even if?** it doesn't trigger you sexually. Be careful and watch yourself. Other things that have come to my attention is lack of knowledge on shabbos halacha and even the ones I do know are bent to the extreme.

Day 25: Clean.

Day 26: Clean.

This site is more than guarding my eyes, it's about opening my eyes to the wrongs in my life.

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Re: Freedom

Posted by Hashem Help Me - 13 Sep 2020 03:06

[Meyer M. wrote on 13 Sep 2020 02:21:](#)

This site is more than guarding my eyes, it's about opening my eyes to the wrongs in my life.

And it is also about opening your eyes to all the good that you do and what your self worth really is.....

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Re: Freedom

Posted by Im Tevakshena Kakasef - 13 Sep 2020 20:23

26. Shem havaya.

I get such hanaah watching your number rise. I guarantee you, Hashem gets infinitely more.

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Re: Freedom

Posted by Meyer M. - 16 Sep 2020 01:16

Been slipping and lusting, coming close to falling. Catching myself quickly but I need to stop, this isn't a game.

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Re: Freedom

Posted by sleepy - 16 Sep 2020 01:35

Mazal Tov!

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Re: Freedom

Posted by sleepy - 16 Sep 2020 01:37

Mazal tov ! ken yirbu!

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Re: Freedom

Posted by sleepy - 16 Sep 2020 01:39

I would just like to Thank Hashem for my 700th post! ken yirbu!

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Re: Freedom

Posted by Meyer M. - 16 Sep 2020 03:58

ok before I screw up and the kick myself here is a pact till 8:00 pm tomorrow: I will not entice myself in any way until 8:00 pm tomorrow or I will pay 36 dollars.

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Re: Freedom

Posted by Im Tevakshena Kakasef - 16 Sep 2020 09:12

Come on Meyer, you got this!

Can you please take one of the names from the zechus yeshuas thread and daven for them?
Because you, who is fighting so hard not to slip, must have incredible power right about now.

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