

Restart or continue?

Posted by NeverQuit - 13 Oct 2020 21:52

Hey all! I wanna ask everyone's opinions. 3 days ago I hit 90 days clean (yay!) on a kabalah not to watch any porn. Unfortunately just now I went into a site for a minute or 2 and saw things I should not have seen. Does that reset my count? Or it wasn't actually watching and I continue my count?

i was thinking to continue with a warning and if it happens again then to restart. Sort of an in between way.

What do you all think?

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Re: Restart or continue?

Posted by doingtshuva - 13 Oct 2020 22:47

Here are the rules.

guardyoureyes.com/tools/90-day-chart/rules

What constitutes a "Fall" to require restarting the count?

There are "slips" and there are "falls". "Slips" **do not** require restarting the count. "Falls" **do** require restarting.

A "Fall" is one of the following things:

- 1. Intentional masturbation (with finish)**
- 2. Intentionally viewing improper sites**
- 3. Intentionally calling inappropriate telephone numbers**
- 4. Intentionally seeking out and reading erotica**

In regard to number 2 (and 4), if someone saw something by mistake and then got a little bit carried away and kept looking at it, or even if someone saw a link and couldn't resist clicking on it but then catches themselves within a few seconds, that would only be considered a "slip", not a "fall". However, if someone decides to actively pursue viewing, that would be considered a fall.

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Re: Restart or continue?

Posted by wilnevergiveup - 14 Oct 2020 04:54

[NeverQuit wrote on 13 Oct 2020 21:52:](#)

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I don't have an answer to your question, you will have to wait for the official GYE beis din for

I do have a question though. What the heck is the difference?

What is going to happen if you restart and what will happen if you don't (I mean at this point, it doesn't sound like you are rolling around in the mud).

If the count is just for your ego then you probably should leave it, but if you are trying to break free, you may want to think about how "taking a peek" really helped you moving forwards.

Hatzlachah

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