

LIVE documentation of 30 days
Posted by yuyu - 03 Nov 2020 02:51

Hi everyone I am starting tonight a 30 day challenge of staying clean.

I will post every day my status. my challenges, my battles and my feelings.

Let's see what result of such a journey will bring.

In case you pop in here and you see I didn't update yet for a day or 2 - cuz I might forget, pls
reply with a comment so I will get a notification reminder to update.

If you wanna be kind leave me a Beracha and wish me hatslacha.

Thanks, much love

yuyu,

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Re: *LIVE* documentation of 30 days
Posted by yuyu - 08 Nov 2020 16:47

thanks for the clear words! words of wisdom!

Implementing that in my strategy!!

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Re: *LIVE* documentation of 30 days

Posted by yuyu - 08 Nov 2020 16:48

Clever words! @Hashem help me

I am implementing that in my strategy!! Thank you, my friend!

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Re: *LIVE* documentation of 30 days

Posted by YeshivaGuy - 12 Nov 2020 18:49

Any news?

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Re: *LIVE* documentation of 30 days

Posted by starting - 12 Nov 2020 21:04

How's it going?

Are you confident with your plan?

I found that when I could barely stay clean for a couple of days it helped to make my plan designed to be a 1 week plan during which I really pushed myself. Once the week was up I could look back and see what I could really achieve. But it's important for it to be short term and within reason. Otherwise known as ODAAT (one day at a time).

Keep us posted

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Re: *LIVE* documentation of 30 days

Posted by yuyu - 13 Nov 2020 03:03

Day # 10

Thank you guys for checking up on me.

I am fine Bh. Here are the updates.

2 days ago I sat down with myself for a little deep thinking. Called Hisbonenes.

I was thinking about what my strategy can be.

I thought and thought.. then I realized that my focus has been too much on the actual lust. It's nearly impossible for me to overcome a lust attack when being face to face with it.

So I figured let me get back to basics and that is:

What have been my main triggers lately?

I took out a sheet of paper and made a list. It made me realize that I'm way too exposed and close by to the trigger. If triggers are near you then all you need is a small trigger. From there until a full fledged blown attack is a tiny jump.

I figured I gotta put my energy in distancing myself from the trigger. Instead of putting my energy in finding ways to be "strong" against the enemy itself.

I saw that one of the main triggers happen while causal bumping into improper images on the web. Because I asked a long time ago my filter to open the images section of google. So Basically I could see anything there, even if I can't actually go into that website. I need the images open for business purposes, but I realized that I've got to close that! This is ain't doing good to me. I gotta make that sacrifice. Too bad.

So before I could even think, I sent an email to the filter company to lock my google images section. Then I asked them to lock a site that had terrible content on it, which I've asked them to open a while ago also for business purposes. Then I listed a few other triggers and I made a neder to stay away of those triggers for an X amount of days. And I gave myself a consequence if I break the neder, something that I wanna avoid for all cost. I also have put a reminder on my desk with the list of triggers. So I should be able to remember to stay away.

So far so good BH. I'm really hopeful that this is going to work.

I BH got rid of major major triggers. BH for that!

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Re: *LIVE* documentation of 30 days
Posted by Realestatemogul - 13 Nov 2020 04:29

You are a role model for everyone on GYE! How many people actually seriously identify their triggers and take such immediate action? Very few, but YOU are one of them! This should be a huge zchus in fighting this battle!

Keep up the great work!

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Re: *LIVE* documentation of 30 days
Posted by yuyu - 13 Nov 2020 15:08

Day #11

WOW, thanks @Realestatemogul! Humbled from the great compliment. Thank you!

I think this is the only way to be successful in this battle. In the past, all long streaks I have been able to do came only as a result of addressing my triggers and taking action to get rid of them or to distance myself from it as far as possible.

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Re: *LIVE* documentation of 30 days
Posted by Gevura Shebyesod - 13 Nov 2020 15:58

How are you going to use that rifle without a trigger? Maybe you should go back to the

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Re: *LIVE* documentation of 30 days
Posted by yuyu - 13 Nov 2020 17:36

Haha. It's the same guy... he just felt insecure without a rifle... let me think how to tell him that Gevura suggests to get rid of this trigger too...

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Re: *LIVE* documentation of 30 days
Posted by yuyu - 15 Nov 2020 18:32

DAY #13

fistfighting guy you had before

B"H 4 days and still clean.

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Re: *LIVE* documentation of 30 days
Posted by yuyu - 16 Nov 2020 21:59

DAY #14

5 days clean B"h

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Re: *LIVE* documentation of 30 days
Posted by yuyu - 17 Nov 2020 22:08

DAY #15

6 Days clean BH.

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Re: *LIVE* documentation of 30 days
Posted by Hashem Help Me - 18 Nov 2020 04:11

You are one brave and focused fellow. You sound like a martial arts guy - who doesn't need a gun at all.

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Re: *LIVE* documentation of 30 days
Posted by yuyu - 18 Nov 2020 23:07

Day #16

7 day clean BH

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Re: *LIVE* documentation of 30 days
Posted by Grant400 - 18 Nov 2020 23:47

[yuyu wrote on 18 Nov 2020 23:07:](#)

Day #16

7 day clean BH

Mazal tov on a week! Many more!

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