

Giving it another shot

Posted by othershot - 01 Jan 2021 06:18

Hi! I have been coming to gye for about a year and a half but this is my 1st post on the forums.

Last year I had a clean streak of 183 days but then I fell and since then I have been up and down with smaller clean streaks and less acting out in between.

Recently though I have been falling too often so I decided even though it's difficult for me I will start a thread to hold myself more accountable.

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Re: Giving it another shot

Posted by othershot - 12 Feb 2021 01:19

44!

Gut Chodesh to all my holy brothers!

May we all be zoche to a Month of simcha & taharah!

Hatzlacha to all!

Othershot

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Re: Giving it another shot

Posted by othershot - 14 Feb 2021 04:30

46!

I love Motzei Shabbos.... That feeling when I click the I am still clean button and my count jumps 2 days! Ah nothing like it!

Hatzlacha to all!

Anothershot

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Re: Giving it another shot
Posted by #makelifegreatagain - 14 Feb 2021 22:11

I just did that right now. It really is a wonderful feeling!

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Re: Giving it another shot
Posted by anothershot - 15 Feb 2021 01:15

47!

B"H things are going well so I need to stay extra alert b/c I think the yh is trying to lull me into a false sense of security.

Hatzlacha to all!

Anothershot

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Re: Giving it another shot
Posted by anothershot - 16 Feb 2021 04:35

48!

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Re: Giving it another shot
Posted by othershot - 17 Feb 2021 00:45

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Re: Giving it another shot
Posted by othershot - 17 Feb 2021 19:15

I'm having a rough day today. In the past that would lead me to listen to non Jewish music &

B"H I haven't done that yet but just to make sure that I won't...

I am mekabel bl"n not to listen to non Jewish music, or go onto YouTube, Facebook, & Instagram for the rest of today unless it's absolutely necessary.

Hatzlacha to all!

Othershot

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Re: Giving it another shot
Posted by othershot - 18 Feb 2021 00:19

B"H I have made it to 50!

I plan on adding a little extra learning tonight in honor of the occasion!

Now on to 51!

Hatzlacha to all!

Another shot

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Re: Giving it another shot

Posted by another shot - 18 Feb 2021 13:57

It's really interesting my yh hasn't been bothering me too much recently.

All of a sudden I hit 50 days and I feel good about the accomplishment and what do you know I got a nasty unwanted visitor very early this morning.....

yh: good morning Tzadik! you did it! you made it to 50 days! you're amazing!

Now you can masturbate because who cares you achieved so much already, just have a good time you earned it!

So you will have to reset the chart nu nu you'll do this again

Me: I've heard this shpiel from you too many times already....

1. I am enjoying life being free of needing the porn & masturbation pacifier.

2. I know that it's 2 minutes of pleasure followed by days of pain.

So get the hell away from me & let me sleep!

Ps. I slept really well after that!

Hatzlacha to all!

Anothershot

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Re: Giving it another shot
Posted by DavidT - 18 Feb 2021 14:23

[anothershot wrote on 18 Feb 2021 13:57:](#)

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Hatzlacha to all!

Anothershot

I'm imagining the Y"H talking to Hashem...

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Re: Giving it another shot
Posted by anothershot - 19 Feb 2021 00:06

Thank you Hashem for allowing me to reach 51!

Hatzlacha to all!

Anothershot

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"hey! it ain't fair!! this GYE is making my job so difficult!"

Re: Giving it another shot
Posted by anothershot - 19 Feb 2021 13:39

I'm having some urges this morning to go watch porn....

Me before GYE: OK I'll go watch it'll be good!

Me now: this is crazy!! because of a fleeting thought I'm going to run after a fleeting pleasure that will literally end the second that I'm done only to be replaced with horror, disgust, pain, shame, & regret!

NO #@&*+~\$ WAY!

Also now I know that it's ~~OK~~ the best to ignore the thought & keep moving on!

Another game changer for me is that I'm starting the fight much earlier on before I get consumed with lust this is a much easier battle to win!

Hatzlacha to all!

Anothershot

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Re: Giving it another shot
Posted by othershot - 22 Feb 2021 00:22

54!

Today I had a prolonged nisayon with many opportunities to be misgaber on my yetzer & not look.

I succeeded numerous times!

the good news is that although I didn't do as well as I could've I'm not going to let this go further. The old me would've let the lust run out of control & would've definitely fallen to porn or masturbation but not this new guy!

hatzlacha to all

anothershot

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Re: Giving it another shot

Posted by anothershot - 24 Feb 2021 02:00

The good:

1. I made it to 55 days which is the longest streak since my last streak ended last pesach!
2. I was having very strong taavahs last night but I still pushed off the fall for a few hours!
3. I am not staying down I'm jumping right back into the battle!
4. I have grown so much & learned so much during this stretch that will continue to help me!
5. I didn't lose those days that I was clean!

Takeaways:

Unfortunately I fell late last night

1. Time to upgrade current filters & filter any unfiltered devices
2. I need to get better "in the street"
3. I need to stop watching on YouTube, Facebook and Instagram
4. I need to learn more in my free time

My goals:

Short-term - hit the "I am clean" button tomorrow night

Mid term goal - Be clean for 56 days

Long term goal - be clean for life

Hatzlacha to all!

Another shot

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Re: Giving it another shot

Posted by DavidT - 24 Feb 2021 02:21

[another shot wrote on 24 Feb 2021 02:00:](#)

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Another shot

This line amazed me the most...

"I was having very strong taavahs last night but I still pushed off the fall for a few hours!"

We can't imagine the nachas ruach that Hashem has from this... be proud!

thanks for the great chizuk...

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