

Lets get this party started

Posted by ?????? - 09 Feb 2021 22:33

I just joined on GYE a few days ago and I'm so excited to be starting the 90 day journey! I'm clean since last Thursday when I signed up for gye b"r'h. I don't know how long I'll be able to last, but with the help of everyone here and I also installed the KBA webchaver filter on my phone so already I feel like I have the advantage over my yetzer hara. I know it's definitely possible bc in the last year my longest streak was ~105 days, but I was in a place rooming with 8 other people and no internet so even if I wanted to be nichshal, it was very hard. Anyways wish me luck my friends and of course a tremendous "Hatzlocha rabbah" to all of you as well!

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Re: Lets get this party started

Posted by Benoni - 16 Mar 2021 02:43

I don't want to over react but \$#!& !!!!

?It wasn't even as pleasurable as it usually is.

On one hand I feel like it's not a big deal because I spent the last 4 years of my life doing it b'kvius.

On the other hand, I now chap what everyone means when they refer to the post-fall yiush. I'm indescribably disappointed in myself. In fact, the agonizing despair alone is the best deterrent I've come across yet to not do it again.

The thing is, since I've joined GYE about 5 weeks ago, shmiras einayim and shmiras habris has been at the forefront of my mind 24/7. (This is probably attributed to the fact that before 5 weeks ago, shmutz and masturbation were at the forefront of my mind 24/7.) It was like one moment I was discussing these inyanei kedusa with other gye chaverim and reading through the threads trying to improve myself and the next moment I'm cleaning up my bed.

I was actually debating whether or not I should even tell anyone about my fall, because it's the easiest thing in the world to just lie and say I'm still clean (I've been lying about this stuff since I knew what it was). I guess what convinced me is that I owe it to yall to be honest.

Last thing: this was quite the megillah of a post since it was my first time being m"zl after starting the thread. C"v if I do fall again, there probably won't be another novel for you guys to read.

I'm infinitely sorry to have let myself, everyone here, and HKBH down!

After almost hitting 40 days clean (BH), I just had to fall

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Re: Lets get this party started
Posted by Lou - 16 Mar 2021 02:49

40 Days is a huge accomplishment! How do you plan to celebrate that?

R Grant often recommends to write down exactly how you feel at the moment. This can be used as great deterrent for future falls.

Hatzlocha!

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Re: Lets get this party started
Posted by Benoni - 16 Mar 2021 02:58

I think I was at 38 days clean from masturbation. BH I made my goal to get past Adar so I celebrated with some hard cider and beigel's rainbow bars (idc what anyone says, they're fire lol- not sponsored)

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Re: Lets get this party started
Posted by Changing - 16 Mar 2021 04:50

You have not let anyone down. You are an amazing guy who has inspired me immensely. Pick yourself up and continue with your head held high!

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Re: Lets get this party started
Posted by Striving Avreich - 16 Mar 2021 10:27

[Grant400 wrote on 10 Mar 2021 14:35:](#)

[starting wrote on 10 Mar 2021 12:40:](#)

OK I'm back

Still challenging, still struggling, still fighting but now I once again feel like it's not worth falling again.

So hard, sometimes feels like it's not worth fighting and sometimes feels like not worth having another fall under my belt.

Fighting it out is a momentary pain while falling is a longer-term pain.

So not much choice...

3 days clean b"h

Please, please listen to me my friend. I know the exact feeling you have right now. The desire was so overwhelming that it caused all other consequences to pale in comparison. After the deed, you feel so horrible, you say to yourself, it is clearly not worth this pain! Enough is enough! Then it slowly starts to fade and the circle starts over.

I did the following, as you can see in my thread. I wrote down my feelings after a fall as clearly as possible, when I had the clarity from feeling horrible after. While experiencing the pain, guilt and self loathing that came along with that small dose of pleasure that seemed so desirable minutes before, I wrote it all down.

MANY times when consumed by desire, I read the feelings i penned after my prior fall and it brought back that clarity.

Please write down the way you feel and post it. It will do wonders if used properly.

This is what Lou was referring to, I think

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Re: Lets get this party started

Posted by Striving Avreich - 16 Mar 2021 10:32

??? ???? ???? ??. The person is a ???? also if he falls.

This doesn't mean that it is ok to fall (the person who purposely falls is a different story).

You are a strong willed person. Let's celebrate 38 days, dust ourselves off, plug up the holes in our plan, reassess and get back on the horse.

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Re: Lets get this party started

Posted by Grant400 - 16 Mar 2021 13:48

Mazal tov on such a great accomplishment! You had a great run!

Everyone has falls. It's part of the healing process. Did you think that you can a break a habit of many years overnight? It takes work, hard work.

In every war even the eventual victory sustains losses in certain battles, but the reason they defeat the enemy in the end is simple. They understand that losing a battle is inevitable, it is part and parcel of winning a war. They just make sure to learn from the mistakes, and improve. They don't hightail out of there after receiving a blow.

If one honestly learns from his falls and becomes smarter because of it, it's not a fall. It's a lesson. It's another stepping stone in his journey to freedom. It's a purple heart pinned to his uniform, paying homage to his valiant battle.

On the other hand, if one walks away and tells himself next time will be different, yet without making changes or mental notes how he will achieve that, he's a fool. He will get clobbered and then remorsefully cry his dose of crocodile tears. Like it has been quoted here, "One who does the same thing hoping for different results is a fool".

As was mentioned already, write down your feelings and keep it around. You can even post it here. It works wonders to refresh the strong feelings you have now.

So my friend, we all see your fight and determination. You are the real stuff. Use this fall properly, and stand upon it to reach higher and future goals!

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Re: Lets get this party started

Posted by jewregonnamakeit - 17 Mar 2021 16:20

As others said, 40 days is nothing to sneeze at. And recovery is not linear. I like that GYE tracks your cumulative clean days as well as your uninterrupted streak--both are important, and of the past ~41 days, you were clean on 40, which is a big deal! As Grant400 said, it's good to change something in your recovery strategy after a fall. This is what will help internalize that this new streak is different from past ones that ended in falls. Much hatzlacha!

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Re: Lets get this party started

Posted by Benoni - 18 Mar 2021 21:25

I just posted this on someone else's thread, but realized it's even more shayach to myself. I'm really talking to myself with this

[Grant400 wrote on 18 Mar 2021 13:48:](#)

[struggle613 wrote on 18 Mar 2021 12:57:](#)

I am now at 9 days clean. Having a steak does feel nice. However my brain has been having strong desires for me to go poking around to try and see what I can find. Probably because it is getting starved for some simulation. **I just have to keep reminding myself to stay on guard and not let myself go poking around at all.**

EDIT: I just have to keep reminding myself ***why I want to stay clean*** and be on guard, ***and realize that poking around will only inhibit my success.***

We all try to "cheat". We call it a "slip" a "close call" or any other name that won't make us restart our count, and still feel good about ourselves. The truth is who are we fooling? Our goal

is to be clean - but not according to a specific set of rules we can bend. It's not a traffic ticket we are trying to avoid. It's our life we want to live ~~differently~~.

We must stop with the poking, peeking, quick looks or clicks. None of the "not real porn" "no masturbation" etc. No more "just checking something else". It's not a competition. It's us living our lives the way we know we should, and the way we WANT too. We must realize that at this point it's indeed us who don't want to see anything that we shouldn't, even if we can still classify it with cozy feeling terms, and keep clicking "still clean".

This has gotta be one of the most emesdik posts on this site! Reb Grant makes a profound point by saying it's not a competition. We all joined here on our own accord; it wasn't to impress anyone, it wasn't to beat anyone in a staying clean competition. For the majority of us, our families, wives, and friends don't even know that we're on here. For the majority of us, we started this battle with the only intentions of enhancing our own quality of life, purity, and yiras shamayim. Unfortunately however, some of us (myself included) have lost sight of our initial intentions. We pretend we're clean even though we just looked up some lingerie catalogue- it's not porn, but it's not *not* porn. Honestly, who are we trying to impress by saying we're still clean? If it's not our wives and our families that we're trying to impress, is it a bunch of strangers on an internet forum? That's like the most goyishe thing ever to do.

C'mon Rabbosai, how much more goyishe are we going to let ourselves get before we realize what really matters here? **Are we taking on this unprecedented battle to lord over some number on a screen?** (It's mamesh like a multi-player video game with all the levels) **Are we taking on this unprecedented battle to lord over some internet strangers how long we can go without looking at shmutz?** NO! We're doing it for ourselves and HK"BH. That's it! Forget what anyone else thinks.

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The only reason why there's a forum of other people is so that we can be mechazeik them and they can give chizuk to us- it's mamesh not a competition! When you make it a competition, the only one that loses is you!

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Re: Lets get this party started

Posted by ?????? - 22 Mar 2021 04:29

Shalom aleichem!

Been a lil while since I posted on my thread so here's an update:

I was gonna try to start being more productive as of Rosh Chodesh Nissan, but that didn't exactly work out as I had hoped. I had like one really productive day and then the rest were "meh". Mostly I just have a hard time motivating myself to do my work (schoolwork and parnassah), to exercise, and to daven regularly (I've found it very hard to motivate myself to daven b'yechidus 3 times a day). BH always motivated for learning tho

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Re: Lets get this party started

Posted by ?????? - 22 Mar 2021 05:20

Shalom Aleichem!

I haven't posted on this thread in a lil while so heres an update:

I was gonna try to start being more productive as of rosh chodesh Nissan. However that didn't exactly work out as I was hoping it would. I am still having a lot of difficulty motivating myself to do my work (both schoolwork and parnassah), to exercise, and to daven (I have a hard time

In other news, today i let my sister borrow my laptop for the rest of the week and I'm already experiencing some symptoms of withdrawal from that lol. Like i still have my phone that I can do stuff on but its so heavily filtered BH that it doesn't work as well. Plus the

pc version of this site is sooo much more user-friendly than the app. (Btw, does anyone know if you can get the gye chat messages on the gye app?)

Still clean tho baruch Hashem!

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Re: Lets get this party started

Posted by ?????? - 23 Mar 2021 01:54

Today was good BH. Finished making my pesach cleaning playlist, helped clean my friend's cars and cleaned my own car too. I've found one of the best ways to stay clean is to clean lol. Also BH I scheduled an appointment with the local TAG office for tomorrow to help me install a filter on my pc.

I've also been kinda sad lately cuz I just found out this evening that my mother's cancer is back and she'll prob have to start chemotherapy again.

Anyways gonna be mekabel to be extra makpid on shmiras einayim for the refuah shleimah of my mother and to help one of my GYE partners find parnassah bezras Hashem!

Also there was a shooting a few minutes from where I live... scary times. R"L (Joe Biden's America)

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Re: Lets get this party started
Posted by HappyYid - 23 Mar 2021 02:31

Oyy must be hard.

I wish her a refuah shleima!

What's her name, I'll say some tehillim bln

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Re: Lets get this party started
Posted by ?????? - 23 Mar 2021 02:35

[HappyYid wrote on 23 Mar 2021 02:31:](#)

Oyy must be hard.

I wish her a refuah shleima!

What's her name, I'll say some tehillim bln

Thank you HappyYid! Rivka bas Rochel

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