

Keeping Accountability

Posted by HappyYid - 19 Feb 2021 14:15

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Hi guys,

I've been here for a few years, but was part of the thousands that just reads but doesn't post or click thank you. (If you think about it, there's on average 5-10 people that say thank you on a post but there's thousands on the site and even looking at the post- you could see it says 'views'. Just saying...)

First of all I want to say thank you to GYE for being who they are and to everyone here especially those that post, it gives tons of chizuk even though many of us don't reply or click thank you, you should know the posts are great and very inspirational.

Just wanted to start a thread to keep accountability. My main struggle right now is ms, I don't have access to porn bh. I have a very hard time with lusting about my sisters in law; two single ones in shidduchim age. They are both attractive and although my wife is very pretty too the yh makes me think that they are prettier. I really think about them often. And they are each a little clueless in their own way and they do things which don't help the situation, nothing bad just isn't great for me they are very friendly etc. It's especially hard when I go for Shabbos, many times I look forward to going so that I could 'enjoy' them more directly. I'm going for Shabbos this week and I want to come back here and say that I was (at least) 97% clean in terms of lusting them.

I'll try to post here as much as I could to keep me stable and for accountability.

. I love you guys.

Happy Yid

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Re: Keeping Accountability

Posted by EvedHashem1836 - 26 Apr 2021 02:34

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Pre shavuos cheesecake?

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Re: Keeping Accountability

Posted by BHYY - 26 Apr 2021 22:02

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[HappyYid wrote on 25 Apr 2021 02:27:](#)

Bh all is good!

I would like some advice/encouragement.

I am contemplating on switching over to a basic phone.

I have an iPhone with a few websites allowed, banking apps, Waze, email and other small apps. (No WhatsApp or other social media). I am a 'regular' yeshiva guy learning in Kollel so there's no real need for me to have a smartphone. But I've had it for a few years now and it's really hard just thinking about not having it.

I'm the type of guy that likes to take care of things, I'm on Google maps alot, banking, email... whatever.

I'm looking for someone that really knows what it feels like to have a smartphone and then to give it up.

I need some tips/encouragement or something else.

I thinking that I might just have it in the car and I'll keep a basic phone on me with my number, this way I won't be walking around the whole day with it, and only at night I'll check up what I need to... Sounds like a good idea, but I still feel like it will be hard for me. Going to a flip phone, hard to text...

Any ideas? Any advice? All are welcome. But I feel like only someone that had/has a smartphone would really understand me.

Thanks in advance

HappyYid

Hey HappyYid,

I gave up my iPhone 2 months ago and switched to a flip phone. I keep a "Waze phone" in my car which is phone with a filter that only allows Waze, nothing else, not even calling or texting. I'm extremely into tech so this was a big move for me.

I thought it would be harder but I have found it quite liberating. There's a certain freedom with getting rid of it, it's hard to describe but I hope you experience it. You get used to texting really quickly.

I think you should do it. Since I gave mine up my opinion is that anyone that doesn't **need** a smartphone should give it up. If only because it gives you part of your life back, you are no longer a slave to a device in your pocket.

Just my \$0.02. Feel free to reach out if you want to talk more about it, [bhyy@protonmail.com](mailto:bhyy@protonmail.com).

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Re: Keeping Accountability  
Posted by HappyYid - 28 Apr 2021 00:34

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86!

Had some urges here and there...but bh everything is ok

HappyYid

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Re: Keeping Accountability  
Posted by HappyYid - 29 Apr 2021 03:02

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Just a thought,

As mentioned in earlier posts, part of what I struggle/d with is lusting after my sister in laws...

Now one of them is in middle of dating and it's not going too well, things aren't working out the greatest...she needs a little Chizuk... So I thought that now is a good time for me to really work on myself in this area, and view her as a real person and sincerely daven for her that everything should work out well.

Maybe in that zchus Hashem will grant her an easy dating and all will work out well.

Good night

HappyYid

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Re: Keeping Accountability

Posted by Lou - 29 Apr 2021 05:11

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[HappyYid wrote on 29 Apr 2021 03:02:](#)

Just a thought,

As mentioned in earlier posts, part of what I struggle/d with is lusting after my sister in laws...

Now one of them is in middle of dating and it's not going too well, things aren't working out the greatest...she needs a little Chizuk... So I thought that now is a good time for me to really work on myself in this area, and view her as a real person and sincerely daven for her that everything should work out well.

Maybe in that zchus Hashem will grant her an easy dating and all will work out well.

Good night

HappyYid

That sounds like a beautiful idea. Really a way to come around from where you were before.

Just make sure you don't offer to meet with them to discuss and give your advice in person!

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Re: Keeping Accountability

Posted by HappyYid - 30 Apr 2021 16:08

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88!

Stay tuned for motzai Shabbos!

Me and evedhashem1836 are celebrating together!

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Re: Keeping Accountability

Posted by HappyYid - 02 May 2021 01:27

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90!!

So bh I made it.

Now, we all know that 90 isn't a switch; like ok now sit back and relax... No, the yh is still there.

I feel like the significance of 90 is mainly the hype that GYE made, in essence they could have made it at day 80 or 100, I don't feel like now it is a huge step. I feel that every couple of days I became more used to not having to act out, so 90 is just a high number.

Unfortunately look at how many people have fallen after 90...

So I'm definitely not got to relax now.

I'm still fighting.

For those that want to know how I did it; well for me it was posting and staying connected- that's what really did it. If you noticed I didn't masturbate once since I started posting, and for the record I'm at 1041 cumulative days. That means that I was falling constantly over the past 3-4 years. So what changed...

Because when you are just one of the viewers of the threads without getting involved, it's much easier to hit the 'I had a fall' button, because seriously who cares, nobody knows...

But when you post and feel like people know you here, it won't be as easy to say that you fell.

So for all those out there that are reading this and never post; POST! POST! don't be scared! Besides for helping yourself, it gives Chizuk to others as well. So it's a win win situation.

I remember before I posted I was nervous too, because I thought people might know who I am, it doesn't feel comfortable putting yourself onto a public forum, but honestly do you really think people will figure out who you are?? There is a whole world out there that you could be from, I highly doubt anyone will figure you out.

Thank you Hashem for sending GYE to save klal Yisroel!

Thank you everyone for being here.

HappyYid

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Re: Keeping Accountability

Posted by Lou - 02 May 2021 06:01

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As I posted in the Lchaim thread...

A huge Mazal tov to you. This is a great accomplishment. Keep up the great work. You are an inspiration to all of us

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Re: Keeping Accountability

Posted by Hashem Help Me - 02 May 2021 11:23

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Mazel tov!! Keep inspiring the chevra. And yes, life continues with all its urges etc after 90..., but now you know that it is b'ezras Hashem possible to say No! and stay clean...

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Re: Keeping Accountability

Posted by HappyYid - 06 May 2021 13:21

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I almost fell.

Just posting for accountability

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Re: Keeping Accountability

Posted by Grant400 - 06 May 2021 13:45

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[HappyYid wrote on 06 May 2021 13:21:](#)

I almost fell.

Just posting for accountability

Great. Let me hold you accountable. Don't just move on a little halfheartedly and then keep edging closer and closer till....fail...like I recently did. Psych yourself up and reinvigorate your spirits and get back ON TOP of your game.

Life is only lived when one lives it, not by one being led by it. Make your life your very own.

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Re: Keeping Accountability

Posted by HappyYid - 06 May 2021 16:10

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[Grant400 wrote on 06 May 2021 13:45:](#)

[HappyYid wrote on 06 May 2021 13:21:](#)

I almost fell.

Just posting for accountability

Great. Let me hold you accountable. Don't just move on a little halfheartedly and then keep edging closer and closer till....fail...like I recently did. Psych yourself up and reinvigorate your spirits and get back ON TOP of your game.

Life is only lived when one lives it, not by one being led by it. Make your life your very own.

You're right.

Thanks for the Chizuk. And accountability!

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Re: Keeping Accountability

Posted by EvedHashem1836 - 07 May 2021 15:30

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[HappyYid wrote on 06 May 2021 13:21:](#)

I almost fell.

Just posting for accountability

I feel you I was in a similar spot a few days ago

Would you really leave me to keep the streak going by myself without you??

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Re: Keeping Accountability

Posted by Grant400 - 07 May 2021 19:25

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How you doing Mr. HappyYid?

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