

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 HappyYid - 03 Jun 2021 01:32

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[Hashem Help Me wrote on 03 Jun 2021 01:25:](#)

Buddy, just don't look. (I wrote a much longer response explaining myself, but lost it twice!)

The next time you have a chance, could you write the long version? It will definitely be beneficial. But only if you have time.

Thanks

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Re: Keeping Accountability

Posted by Snowflake - 03 Jun 2021 01:57

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Hey HappyYid!

I went through your whole thread too and I just wanted to say you're a true gibbor. It mustn't be easy to constantly see the relatives that make your challenge more difficult.

If it helps, perhaps just remember Parshas Kedoshim (or is it acharei mot?). The Torah is osser these arayos, because G-d created a lust for them. If there were zero lust towards them, why be mazhir am Yisroel? So please don't feel guilty about the desire. Of course you should keep doing your best (as you already are) to avoid the triggers and adopt a zero lust tolerance. But the desire itself is not your fault.

On the touching department, what works for me (maybe you do it already) is to not touch the eiver at all, especially when going to the toilet for #1. Chochomim are matir nessuim, but "hamachmir al kach, tovo alov brocho". When I must (not to cause a mess in the toilet), I use tp or my belt/ edge of pants as a hefsek. Not touching the eiver at all reminds us it's off-limits.

Please keep us posted and inspiring us!

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Re: Keeping Accountability

Posted by Hashem Help Me - 03 Jun 2021 02:36

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We tend to sometimes view the nisayon of looking as a monster and therefore need "methods" or "strategies" to conquer this monster. Lets get some facts straight. Masturbation causes endorphine secretions in the brain, so there is a chemical addictive side to it. Yet, you overcame that BH. It appears from what you wrote that your viewing issues are in the street; not technology related. High resolution pornography watching also causes chemical releases in the brain, yet you are BH free from that. So it's the good old fashioned and normal street yetzer hara? No chemicals there buddy. Fantasizing? Without any intense deep concentration, no

major chemicals there either. So with the exception of heavy addicts, the advice is simple. Look away. Ignore. Look down. Choose the less busy street. Choose wiser times to go to the shopping district. Or choose to go to quieter stores - even if a drop more expensive. When attending a wedding, park yourself by the men and avoid unnecessary mingling moments. Summary - train yourself that you have the ability to simply not look.

Fantasizing is a little harder because it usually happens when we are falling asleep or spaced out. Its the subconscious at work. However once again, just stop. Simple. When you realize where you are heading - down the escape slide of fantasy with the erection etc, just pick up a book and start to read, or get busy, or call a friend. Just stop. You can b'ezras Hashem do just that.

I apologize to anyone that is having a challenging time and may find my comments minimizing their struggle. If anyone feels that way, please PM and i will give you my phone number to straighten it out. I apologize for any discomfort my comments may have on anyone.

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Re: Keeping Accountability

Posted by HappyYid - 03 Jun 2021 04:28

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Very well put.

Thank you very much for taking your time and writing it a third time!

It's very helpful reading it.

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Re: Keeping Accountability

Posted by wilnevergiveup - 03 Jun 2021 06:51

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I think for most of us especially guys with long streaks like yours, we go through periods of clarity and periods of murkiness.

When we have that clarity, it's clear to us that even a gaze or a quick fantasy is poison. It's

obvious to us that we are just causing ourselves more suffering.

When the clarity fades into murkiness, it's not so easy to see. During those moments, I can find myself doing pretty much everything besides actual porn and actual masturbating. Now that's good for my "streak" but not good enough to say that I am really free. The issue here is that this monster either grows or is starved. If I keep on doing those borderline things, I am feeding it, even without masturbating. It will grow and eventually it will become too much to handle. It just causes me more suffering. It's kinda like an overweight guy with a heart condition who is on a strict diet and loves candy going into a candy store "just to take a sniff" but G-d forbid not to touch anything. He may do it once or twice, but it's not a recipe for success.

The question is how to see clearly when things are murky. I don't have an answer. @Bigmoish told me "The key is to make sure you're so swamped that you have no time to think about how murky everything is."

I wish I knew, but at least we know what that there are times that we have clarity and during those times the answer is "just don't look."

Like someone who is anaphylactic to peanuts doesn't taste or lick or try (just without swallowing...), he keeps all thing peanuts far away. No pb ice cream or cookies or even plain without sugar and not even tasteless without salt. All forms are off limits.

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Re: Keeping Accountability

Posted by Hashem Help Me - 03 Jun 2021 09:33

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[wilnevergiveup wrote on 03 Jun 2021 06:51:](#)

When we have that clarity, it's clear to us that even a gaze or a quick fantasy is poison. It's obvious to us that we are just causing ourselves more suffering.

Not sure if i agree. The gemara tells us that it is normal for one to have hihurei aveira. Gedolim have been me'id on themselves that they have nisyonos. (Famous story with Rav Elya Lopian zatzal, for example). Of course to purposely tease ourselves is wrong and detrimental, but "a gaze or quick fantasy" is often the work of the subconscious and is bound to happen. Our job is to stop ourselves from pursuing it further. If one accepts that reality, and accepts himself as imperfect, while of course trying to properly guard his eyes and thoughts as best as possible, then these mini episodes will be opportunities for growth; not for suffering. Just my opinion.

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Re: Keeping Accountability

Posted by wilnevergiveup - 03 Jun 2021 10:25

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[Hashem Help Me wrote on 03 Jun 2021 09:33:](#)

[wilnevergiveup wrote on 03 Jun 2021 06:51:](#)

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I hear that, if they are "mini episodes" that happen once every month for a fleeting moment. A different story when we go through a period of constant dwelling on these things. It sounded like the latter, although I might be mistaken. That is what I was referring to as "periods of

murkiness".

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Re: Keeping Accountability

Posted by HappyYid - 03 Jun 2021 11:56

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[wilnevergiveup wrote on 03 Jun 2021 10:25:](#)

[Hashem Help Me wrote on 03 Jun 2021 09:33:](#)

[wilnevergiveup wrote on 03 Jun 2021 06:51:](#)

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You are correct. (Bolded words)

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Re: Keeping Accountability

Posted by bm263 - 07 Jun 2021 04:37

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[wilnevergiveup wrote on 03 Jun 2021 06:51:](#)

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I can't seem to remember this conversation, but I guess I wish I were a bit more swamped...

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Re: Keeping Accountability

Posted by wilnevergiveup - 07 Jun 2021 06:27

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[bm263 wrote on 07 Jun 2021 04:37:](#)

[wilnevergiveup wrote on 03 Jun 2021 06:51:](#)

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Email.

Unless there are two of you?

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Re: Keeping Accountability  
Posted by HappyYid - 11 Jun 2021 02:43

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130!

Bh things were pretty calm the last few days.

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Re: Keeping Accountability  
Posted by HappyYid - 21 Jun 2021 00:50

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Day #140!

I feel like a different person.

Although work still needs to be done for my shmiras enayim, but I'm in a much better place than I used to be.

Thank you Hashem!

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Re: Keeping Accountability

Posted by EvedHashem1836 - 21 Jun 2021 04:27

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love to hear it

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Re: Keeping Accountability

Posted by HappyYid - 22 Jun 2021 12:21

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Can I give myself some credit on the forum?

Nothing out of the ordinary but...

I was by a wedding last night and I had a huge urge to look...

But I didn't!

Bh I was able to turn my eyes away. During marriv in the hallway there were some of 'them' around so I turned myself towards a different side and tried looking the other way.

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