

Keeping Accountability

Posted by HappyYid - 19 Feb 2021 14:15

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. Its 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 - 29 Oct 2021 09:52

Cmon buddy you got this

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Re: Keeping Accountability

Posted by Hashem Help Me - 29 Oct 2021 11:13

Actually the fact you did 180 just gives you the reassurance that it is possible to stop. Many guys believe intensely that there is an actual NEED to watch and masturbate. Someone who got to 180 obviously understands that although there are strong urges and desires, it is simply not true that there is a need.

And if the Satan tries to knock you down by saying that you will never completely break free, just respond, "Well, i think it is very choshuv b'einei Hashem, a fellow that used to act out hundreds of times each year on almost every day of that year, and now has minimized it to a few times on a few days.

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Re: Keeping Accountability
Posted by YeshivaGuy - 05 Nov 2021 20:40

[HappyYid wrote on 29 Oct 2021 01:25:](#)

I didn't expect myself to become one of those 'disappearing people'; but I did...

Had ups and downs recently, now bh holding at day 8.

I didn't realize how hard it would be to get back up after falling at 180...

My wife sort of figured out that I've been masturbating lately so I renewed my commitment to be clean.

May Hashem help me and everyone else.

HappyYid

I'm very sorry to here. May you be matzliach.

May I ask, l'toeles, whether a wife minds/cares/is upset if her husband masterbates? I understand pornography, but I don't understand masturbation.

For me, knowing how destructive porn is for marriage helps me stay away, but masturbating has become more common for me as I just view it as any old aveira which won't directly affect relationship with a wife.

Thanks

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Re: Keeping Accountability

Posted by anonymous.lost.everything - 07 Nov 2021 01:34

Wives care because it makes them feel like they're not providing what the husband needs. Actually they aim much higher, they want him to think that she's God's gift to him. Other reasons too: it's assur, they're concerned about what he's thinking about it while he masturbates, and on and on.

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Re: Keeping Accountability

Posted by gettingthere9 - 07 Nov 2021 02:08

[YeshivaGuy wrote on 05 Nov 2021 20:40:](#)

[HappyYid wrote on 29 Oct 2021 01:25:](#)

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Thanks

I think, to put it blunt... (At least my wife) considers it kind of like I'm cheating on her when I masturbate. Which if you think about it, is kind of true...

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Re: Keeping Accountability
Posted by gettingthere9 - 07 Nov 2021 02:17

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Thanx for sharing, I feel for you.

Interestingly, I am holding pretty close to the big 180 and I am kind of teetering... Trying to hang in there at least till then. I have also pretty much stopped posting and only pop in on the forums occasionally these days...

I need to focus on the long term more than the streak. As well as remembering how hard it can be to get back up after a fall.

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Re: Keeping Accountability
Posted by HappyYid - 08 Feb 2022 02:59

Day 13 bh.

After stepping away from GYE for a few months I feel like there's a whole new world of people here, amazing!

I feel like a new guy in a new Yeshiva lol

But bh things are going good. I'm just very busy and don't have the time like I used to have...

I 'by mistake' had access to an unfiltered device for some time, but now took care of that so hopefully things will be only good.

Good to be back here, I missed it.

Good night

Happyid

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Re: Keeping Accountability
Posted by HappyYid - 08 Feb 2022 03:42

[YeshivaGuy wrote on 05 Nov 2021 20:40:](#)

[HappyYid wrote on 29 Oct 2021 01:25:](#)

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Thanks

It's never too late...

Like others were saying; typically people think of other women (or men) while masturbating so that would make my wife feel like I love someone else besides her, which obviously is not too good of a feeling.

It gives my wife pleasure when I 'let it out' with her knowing that I'm thinking of her. Masturbating by myself tells her that there is someone else that I am thinking of.

So no, don't do it; it will affect your relationship with your wife.

But also the fact that she knows it's assur, and that it's a big aveira is not too good either..

We miss you here on the forum, like you used to be, I hope you are doing well.

Hatzlacha!

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Re: Keeping Accountability
Posted by Sapy - 08 Feb 2022 04:27

Hello!

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Re: Keeping Accountability
Posted by HappyYid - 08 Feb 2022 04:30

[Sapy wrote on 08 Feb 2022 04:27:](#)

Hello!

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Re: Keeping Accountability
Posted by Hashem Help Me - 08 Feb 2022 12:03

Welcome back!!

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Re: Keeping Accountability
Posted by HappyYid - 09 Feb 2022 05:03

Day 14.

Staying strong.

Back in the day posting regularly really help me stay clean for a long time, so I think I should try that again, but I don't have the time...I have to make time.

Good night

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Re: Keeping Accountability

Posted by HappyYid - 11 Feb 2022 05:27

Had a slip.

Starting the count again.

Good night

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Re: Keeping Accountability

Posted by HappyYid - 19 Apr 2023 03:41

It's amazing how hard this struggle can be.

But I (try to) believe that it's possible to get out of.

I gotta do more effort.

I miss being here more often

Have a good night!

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