

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.

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

. I love you guys.

Happy Yid

=====
=====

Re: Keeping Accountability

Posted by HappyYid - 21 Mar 2021 02:07

Day 48!

Shabbos used to be pretty tough for me... before I was married I used to learn the whole afternoon, with a few 'breaks' to the bathroom. BH nowadays although I can't learn the whole day (wife and kids to take care of) but it definitely keeps me away from trouble! Gotta always

Good night,

HappyYid

=====
=====

Re: Keeping Accountability
Posted by HappyYid - 22 Mar 2021 00:40

1000 cumulative days clean!!!!

Don't underestimate this part of our journey! Lol That means one thousand times saying no to the YH (not exactly 1000 but ya know...)

BH I'm 49 days clean straight. Beh I'll get to 1000 straight days!

I always liked that GYE keeps track of this too besides for the staright clean days. It gives me alot of chizuk that as many times as a person falls he's still climbing upwards. You don't lose what you gained until the fall... There's no way to get the 'cumulative days' back to zero.

Those days are yours to keep!

Thank you everyone,

HappyYid

=====
=====

Re: Keeping Accountability
Posted by HappyYid - 24 Mar 2021 00:52

BH clean.

Last night I saw those girls. My sisters in law. I really stared too much. It was just too hard not to.

I didn't act out but my thoughts were really not clean.

I gotta work on this better. Like HHM told me a while back (regarding any girl) that I have to

daven for them and make them into human beings and not portray them as my fantasy object.

I definitely could daven for them for shidduchim, but sometimes I feel like while I'm davening, I'm 'secretly' also thinking about them the wrong way...

I'll figure it out.

Anyway thanks for listening.

I WILL try harder.

Always Happy,

HappyYid

=====
=====

Re: Keeping Accountability
Posted by Grant400 - 24 Mar 2021 11:23

It must be so difficult having such triggers around constantly even when you are officialy home. It is hard to shut the part of our brain that immediately sexualizes everything. It's a constant struggle. [Here](#) is a discussion that was had this past summer about deobjectifying woman as sexual objects, maybe you will find it helpful.

=====
=====

Re: Keeping Accountability
Posted by HappyYid - 30 Mar 2021 02:07

BH clean!

Had tons of urges over yom tov. The YH is really not happy that I'm hitting 60 days clean soon...

Was very hard some of the times but pulled through (although I did touch there too much).

Gut moed

=====
=====

Re: Keeping Accountability
Posted by OivedElokim - 30 Mar 2021 02:40

Amazing.

Keep trucking!

? ??? ????

=====
=====

Re: Keeping Accountability
Posted by HappyYid - 02 Apr 2021 01:52

Day 60! BH

So I'm by my in laws for the second days, I really have to try hard not to stare at my sister in laws, I already looked too much...

=====
=====

Re: Keeping Accountability
Posted by EvedHashem1836 - 02 Apr 2021 02:56

Mazal Tov!

=====
=====

Re: Keeping Accountability
Posted by HappyYid - 02 Apr 2021 03:39

[EvedHashem1836 wrote on 02 Apr 2021 02:56:](#)

Mazal Tov!

=====
=====

Re: Keeping Accountability
Posted by HappyYid - 06 Apr 2021 02:05

To you too
Day 64!

I had really big urges the past few days, I have to work on not giving into them **at all**, I gave in too much recently and was touching way too much...

The hardest time is when I'm lying in bed, I get alot of urges and I touch alot...

Really not good. I hope it changes quickly...

Good night

HappyYid

=====
=====

Re: Keeping Accountability
Posted by Grant400 - 06 Apr 2021 03:14

[HappyYid wrote on 06 Apr 2021 02:05:](#)

Day 64!

I had really big urges the past few days, I have to work on not giving into them **at all**, I gave in too much recently and was touching way too much...

The hardest time is when I'm lying in bed, I get alot of urges and I touch alot...

Really not good. I hope it changes quickly...

Good night

HappyYid

I know exactly how you feel. The problem is that once we get into a streak of starting to weaken it's hard to grab ahold of ourselves and stop. It does alot of guys in. What works for me is to do something to break the continuation and reset. Recently I restarted my count although I didn't technically fall according to my guidelines, I felt it necessary because I couldn't stop myself from continuing to slide. Try to find something that will signal the end of the playing and poking around.

=====
=====

Re: Keeping Accountability

Posted by wilnevergiveup - 06 Apr 2021 08:28

[Grant400 wrote on 06 Apr 2021 03:14:](#)

[HappyYid wrote on 06 Apr 2021 02:05:](#)

Day 64!

I had really big urges the past few days, I have to work on not giving into them **at all**, I gave in too much recently and was touching way too much...

The hardest time is when I'm lying in bed, I get alot of urges and I touch alot...

Really not good. I hope it changes quickly...

Good night

HappyYid

I know exactly how you feel. The problem is that once we get into a streak of starting to weaken it's hard to grab ahold of ourselves and stop. It does a lot of guys in. What works for me is to do something to break the continuation and reset. Recently I restarted my count although I didn't technically fall according to my guidelines, I felt it necessary because I couldn't stop myself from continuing to slide. Try to find something that will signal the end of the playing and poking around.

I humbly disagree with most of this post, but mainly with the first comment.

I know exactly how you feel.

There is no way for you to know that. I don't like telling people off, but I dislike even more when people tell me how I feel. Everyone is different, and in this case, I actually find that yes, I do sometimes poke around, if I wouldn't, I wouldn't visit this site anymore. That's what we do. Guys who spent more time on porn and lusting than anything else sometimes find themselves slipping back to their old ways. That's just the way it is.

For me, I have found that I am able to rebound very nicely from a rough patch without anything too drastic. I know that I need to remind myself what I am here for, and find some more productivity in my day. I may need to relax if I am stressed, but usually, it's just an itch for connection. That's may be different.

I guess I just got ticked by the "I know how you feel" line. I can't stand when guys here think that everyone is going through exactly the same struggles that they are. When I first got here, someone made me crazy about my bedroom life (in the chat). "Oh, you struggle, your wife must be your porn star. Your bedroom life must be in shambles, you must start in the bedroom..." Everyone is different and has different struggles, just because that's what you went through, doesn't mean that's what someone else is.

I try really hard in my posts to say things like "When I go through something similar I try this, can you relate?" Instead of "The only way to win the battle is to do xyz." There are many things that work differently for different people. Filters, 12-Step meetings, phone calls, 90 day count, etc. just as some guys are deeper in than others.

Sorry about the rant, I just needed to get that off my chest.

Do what works, look around, read other peoples threads to see what other guys are up to, what they struggle with and how they get through tough times. Try to figure out what talks to you and what doesn't.

All the best,

Wilnevergiveup

=====
=====

Re: Keeping Accountability
Posted by HappyYid - 06 Apr 2021 14:18

@Wilnevergiveup:

?I actually don't mind when people say that they know how I feel, noone said that they are going through exactly the same struggle, I took it as an innocent comment trying to make me feel like someone knows how I feel, and then suggesting something that worked for him. He didn't force me to do what he did.

This whole site is about people giving suggestions as to what *they* feel worked for *them*.

You yourself suggested that I look around at other peoples threads to see what worked for them, so what Grant did was saved me the time of going through his thread at least and gave me his input directly.

The bottom line is everyone knows (I hope) that everyone is different and all suggestions are nice bec then you could pick which one works for you.

HappyYid

=====
=====

Re: Keeping Accountability

Posted by HappyYid - 06 Apr 2021 15:14

Ok so here's my issue now,

?Where I send my kid for babysitting there are others that send as well...other women in fact. One of them became my lusting object.

Its really hard because I see her every day and sometimes twice (drop-off and pickup).

Until now I'll be honest, I would look at her (with only a glance of course without her noticing) fantasize, and 'enjoy' it. I don't think I ever acted out on those thoughts, but seriously that's not the point.

I don't want to think about her. Its disgusting. Its not right to my wife.

Now its turning summerish and I'm afraid that she will dress more catchy...

I'm going to work on not looking at anything from when I get into the building till I get out...

Its going to be hard but I'm going to try.

I'll start that today when I go to pickup.

Just posting this because when I put it out it makes it easier for me to work on.

Thanks for listening

HappyYid

=====
=====