

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 HappyYid - 06 Apr 2021 17:59

I hear. Nice.

Thank you!

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Re: Keeping Accountability

Posted by HappyYid - 06 Apr 2021 18:16

Btw I am referring to one of the women that sends to the same babysitter; wasn't talking about the babysitter herself (she's not too pretty lol)...but what you quoted could apply here too.

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Re: Keeping Accountability

Posted by Lou - 06 Apr 2021 20:45

[HappyYid wrote on 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

I assume you are talking about a baby that is too little to realize what you are doing. However, sometimes what has worked for me is to picture my child actually realizing what I am doing. That for me is a total turnoff as many of us would be devastated if our kids knew about our behaviors in this area.

As a side note, as you are in Lakewood (based on previous posts) chances are the actual dress code of the woman probably won't change all that much for the summer. More than likely, it is our mindset that changes when the weather gets warmer. That is something that we can work on...

All that being said, I totally get this Nisayon.

Hatzlocha!

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Re: Keeping Accountability
Posted by HappyYid - 06 Apr 2021 21:46

[Lou wrote on 06 Apr 2021 20:45:](#)

I assume you are talking about a baby that is too little to realize what you are doing. However, sometimes what has worked for me is to picture my child actually realizing what I am doing. That for me is a total turnoff as many of us would be devastated if our kids knew about our behaviors in this area.

Yeah it's a baby; thanks for the idea. I'll keep that in mind.

As a side note, as you are in Lakewood (based on previous posts) chances are the actual dress code of the woman probably won't change all that much for the summer. More than likely, it is our mindset that changes when the weather gets warmer. That is something that we can work on...

All that being said, I totally get this Nisayon.

Hatzlocha!

For me even the change of the color tights could turn me on quicker, but you're right, it's the mindset too, which I can work on.

Thanks

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Re: Keeping Accountability
Posted by Lou - 07 Apr 2021 02:22

As a side note, as you are in Lakewood (based on previous posts)

Hi, just to clarify, i actually have no idea where you live as i actually confused you with someone else for a minute!

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Re: Keeping Accountability
Posted by HappyYid - 09 Apr 2021 00:13

Day 67!! Bh

I was really good with watching my eyes while dropping and picking up my kid by the babysitter...

The big urges I've had over the last week, died down very much BH.

HappyYid

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Re: Keeping Accountability

Posted by HappyYid - 12 Apr 2021 03:41

70 days clean!

It feels good when a busy day passes and therefore was no time to even think about acting

Thank you Hashem!

Good night

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out...you feel like you just got a free day

Re: Keeping Accountability

Posted by Zedj - 12 Apr 2021 03:57

MAZEL TOV!

Keep living one day at a time!

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Re: Keeping Accountability

Posted by HappyYid - 14 Apr 2021 00:31

72!

It's amazing because till recently I didn't think it was so doable for me to not lust after my sisters in law, but honestly now I'm really better than I used to be!

I'm not perfect. But definitely made big progress in that.

I feel the way I did it was really to not think about it the whole day that I have to stop work on it, (like HHM told me a number of times), just went on with my regular life and slowly worked on viewing them as human beings and not objects.

I can't figure out a different method that did it.

But on another note, today out of nowhere I actually got a huge urge to act out.

But I didn't!

It wasn't easy, I just said 'no' to the yh and got busy with something else.

Great to have friends to share this with!

HappyYid

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Re: Keeping Accountability
Posted by ?????? - 14 Apr 2021 04:57

Such an inspiration

72 days seems so far off... but the live updates make it seem doable.

Keep up this avodas hakadosh of not just resisting urges, but helping others to resist as well.
Shkoyach my friend!

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Re: Keeping Accountability
Posted by HappyYid - 15 Apr 2021 16:18

Posting to get away from a lust attack

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Re: Keeping Accountability
Posted by HappyYid - 15 Apr 2021 16:43

Posting to get me away from a big urge.

EDIT: I posted the above 25 min ago, and then I was fine, so I deleted the post, but now I realized that I know that I get chizuk when seeing posts like that, so others maybe too, so I posted it again. But I'm good now bh

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Re: Keeping Accountability
Posted by HappyYid - 18 Apr 2021 12:12

76!

I've had strong urges over the last two days...

Trying hard.

Especially hard since I wasn't intimate with my wife for 2 and half weeks for whatever reason.

Hanging in there.

HappyYid

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Re: Keeping Accountability
Posted by Zedj - 18 Apr 2021 13:33

Keep strong!

remember it's just an urge...urges go away eventually.

Keep us updated!

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