

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. 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 - 18 Apr 2021 17:30

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[EvedHashem1836 wrote on 18 Apr 2021 14:49:](#)

[HappyYid wrote on 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

I've had very strong urges over the last few days as well - will push through in your zechus to push through too

Let's do this together.

In 14 days we'll celebrate together!

We can do it!!

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Re: Keeping Accountability

Posted by HappyYid - 22 Apr 2021 03:29

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Day #80!

Wow that's a big number bh!

Not much to say other than, it's starting to feel that I really don't need to act out all the time. I'm getting much used to living without it.

I could face my wife now without having to hide anything. (She caught me a few times after masturbating, but I brushed her off saying that it doesn't happen too often...I'm human... But really I did do it pretty often. But now I feel good that I really don't do it anymore).

I still have urges here and there, but its a whole different life without acting out.

Thank you Hashem!

Good night

HappyYid

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Re: Keeping Accountability  
Posted by Zedj - 22 Apr 2021 04:13

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Keep the momentum going!

Nothing like breathing in fresh air.

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Re: Keeping Accountability  
Posted by Lou - 22 Apr 2021 04:49

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Thank you Hashem!

Good night

HappyYidl have been following your journey here and I must say I am very impressed with you!

Mazal Tov on this huge accomplishment!

I just want to add a word of caution...Please keep your guard up! It is so easy to fall just that one time (it seems like everyone does!), and it is so very hard to dig yourself up following that fall from such a high place. Every person is different but just sharing my own experiences.

Hatzlocha!

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Re: Keeping Accountability  
Posted by Lou - 22 Apr 2021 04:50

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[HappyYid wrote on 22 Apr 2021 03:29:](#)

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Re: Keeping Accountability  
Posted by HappyYid - 22 Apr 2021 12:00

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[Lou wrote on 22 Apr 2021 04:50:](#)

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Hatzlocha!

Thank you!

Yeah I myself have been at 115 days around 3 years ago and fell and since then (until 80 days ago) I haven't put in enough effort to win (I'm 1031 cumulative days). But here I am, putting in the effort...

And bezras Hashem I'll make it to big numbers!

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Re: Keeping Accountability

Posted by HappyYid - 25 Apr 2021 02:27

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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

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Re: Keeping Accountability  
Posted by Lou - 25 Apr 2021 04:26

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I BH have never had a smart phone so I am not really the one you are looking to hear from. However, I just want to commend you on contemplating this move. I can only imagine how hard it is.

My job supplies me with a fully locked Ipad that can access email,google maps, some games (for the job...) and the company website. Having that has made it infinitely easier for me to withstand the push to get a smart phone.

I am assuming the smart phone itself is not currently your nisayon for Kedusha as that would be a whole different question.

Hatzlocha with your decision!

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Re: Keeping Accountability  
Posted by mggsbms - 25 Apr 2021 04:54

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I changed a couple of years ago to the setup you mention, initially it was annoying, as you say texting etc, but I've gotten used to it. I do keep a smartphone in my car and use it when needed

but the flip phone is what i carry along with me. I have a flip phone filtered by "livignet" with only email access, and everything else is blocked.

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Re: Keeping Accountability  
Posted by HappyYid - 25 Apr 2021 12:04

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[Lou wrote on 25 Apr 2021 04:26:](#)

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Hatzlocha with your decision!

Correct.

Thanks

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Re: Keeping Accountability  
Posted by Markz - 25 Apr 2021 14:11

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

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HappyYid

Hey HY, I have a smartphone but it's dumb because it's all tagged up and whitelisted. Why do feel you need to change

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Re: Keeping Accountability  
Posted by HappyYid - 25 Apr 2021 14:39

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[Markz wrote on 25 Apr 2021 14:11:](#)

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

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HappyYid

Hey HY, I have a smartphone but it's dumb because it's all tagged up and whitelisted. Why do feel you need to change

Because there is still much more to do on it than a basic phone, and I feel like I'm spending too much time on it.

I don't want to get rid of it because of bad stuff, only because of wasted time.

Also I'll make my wife happy.

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Re: Keeping Accountability

Posted by Bigmoish - 25 Apr 2021 23:14

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

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HappyYid

I have been dreaming of ways to "downgrade" from a smartphone, but due to work obligations, it would be irresponsible not to have email access.

Some of the options I looked into:

Kosheros - smartphone with very limited appstore, even has appstores for specific yeshivas regulations

[www.thekosheros.com](http://www.thekosheros.com)

Gabb - an actual dumbphone for kids, but on a smartphone phone, if that makes any sense.

[www.gabbwireless.com/](http://www.gabbwireless.com/)

Punkt - a very smart dumbphone, can even connect to a smartphone somehow.

[www.punkt.ch/en/](http://www.punkt.ch/en/)

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Re: Keeping Accountability  
Posted by EvedHashem1836 - 26 Apr 2021 01:28

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Just read through this thread start to finish very good stuff!

Can't wait to celebrate with you!

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