

OivedElokim-I'll never give up

Posted by OivedElokim - 21 Feb 2021 21:37

Day one.

This is my brand new thread for my brand new journey towards purity.

I will keep with me the lessons learned so far and keep my eye on the ball.

Today is the first day of the rest of my life.

A porn and masturbation free life.

A life of positivity and happiness.

A life of Torah and Avodah.

The life G-d intends for me to live.

Wish me luck.

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Re: OivedElokim-I'll never give up

Posted by OivedElokim - 24 Feb 2022 05:42

Been having a bad couple of days on the Kedusha front. Need to get my phones filter adjusted but I keep pushing off calling gentech and resolving the issue. I will lyh get to it tomorrow.

My flight to freedom dashboard still won't load but hopefully the techies at GYE will sort it out

soon.

Pretty concerned about the news from Europe. Praying that Hashem keeps everyone safe.

good night,

OE

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Re: OivedElokim-I'll never give up
Posted by OivedElokim - 27 Feb 2022 06:09

2 days clean, BH.

My current goal is to make it to day 7.

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Re: OivedElokim-I'll never give up
Posted by Hashem Help Me - 27 Feb 2022 12:01

Maybe rephrase that "My current goal is to stay clean today..."

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Re: OivedElokim-I'll never give up
Posted by OivedElokim - 27 Feb 2022 23:36

That proved to be wise advice, as I fell about an hour later.

On my iPhone my image settings weren't so strict as I did not put on skin filtering, so I was able to google all of my favorite internet shiksa's and see pictures of them (fully clothed, but arousing nonetheless). That particular loophole was the primary cause of most of my falls over the past few weeks, as I can only access porn on other people's unfiltered devices which I don't

generally have access to (the last time I saw porn was a week ago). Anyways I called GenTech and got that problem solved, BH. So hopefully I have a fighting chance now...

GenTech also fixed the issue I had with loading my F2F dashboard, thanks to @Menachem and the GYE technicians for correctly diagnosing the problem, for which I am very grateful. I really like the way you can track your falls, urges and triggers (which is very important for recovery, as I learned in lesson 2) on the Dashboard.

In other news I had a nice Shabbos and am hoping for a more productive and fulfilling week. Thanks for reading.

OE

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Re: OivedElokim-I'll never give up
Posted by OivedElokim - 28 Feb 2022 03:21

I was just reading up on my older posts and reviewing my journey, and I had the realization that I've really seen much success in the past.

I've had streaks of 74, 82, 105 and 137 days. I've been successful in these inyanim before.

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So why is it that lately I can't make it past day 3 without falling again? Is it that I have more consistent internet access? I'm more exposed to triggers? I have little resolve and motivation to fight?

I'm not really sure. I think it may be all of the above...

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Re: OivedElokim-I'll never give up

Posted by wilnevergiveup - 28 Feb 2022 07:41

Wow, that is a great question! I ask myself that all the time. When I first came here I hit in the 30's then 60's then 100 and 200. Why cant I scrape together more than a week without masturbating?

Have you taken a look at the flight2freedom program? In there it discusses the "stages of change" model (it's very famous, GYE didn't make it up). I found it helpful to try to figure out which stage I am really in. Because we cycle through the stages, meaning that we can go through them multiple times, often the reason why what worked in the past is not working now is because we are recycling through the stages.

For example, when I first came to GYE, I was already in the third stage, the planning stage. I knew I wanted to change and I was motivated. I made a plan and then I was in the fourth stage, action. I was clean for most of a year which some would say put me in the last stage, maintenance.

For a long time, I have been "doing what I know works for me" but wonder of wonders, it stopped working. It took a while to realize that I was not in the maintenance stage anymore. after making a proper cheshbon, I realized that I was really back in contemplation. This means that it wasn't the plan that was failing, it was my motivation. For one reason or another, it just wasn't as clear to me that I wanted to change as it was when I first started.

Since then, I've recycled a few more times. I've had moments of motivation and in those moments, recreated my plan using the F2F program. My plan works well when I am actually in the action stage but it doesn't work when I am really in contemplation.

In summary, if you are anything like me, my plan is a working one, it's the desire to change that I struggle with. For you it might be something else, maybe your plan needs tweaking, maybe you are putting yourself at risk too often, I don't really know your situation but I think it's worthwhile to figure out exactly where you are going wrong.

Motivation is the foundation that this whole house is built on. The tools are just like the bricks, but first we need to work on the foundation.

Afterwards, we can work on using the tools so that we are building smartly and not wasting our energy. Fighting hard and not using the right tools might be another cause for burning out.

As always, I am just sharing what I found on my journey, take it or leave it.

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Re: OivedElokim-I'll never give up

Posted by Bilaam Harasha to Yosef Hatzaddik - 28 Feb 2022 15:02

Do you know if you can use the covenanteyes browser app with the gentech filter installed? Do you also know if you can use apple screentime features in conjunction with gentech?

I'm just curious because I'm interested in finding out whether or not you can use apple screentime to block safari and to have the covenanteyes browser as the only browser you have. It sounds like you had your issue fixed already (and for the record I don't use gentech) but I'm just curious in knowing because it's an extra layer of protection that those with gentech can get for themselves if it works. And if you're interested in trying this look below in my signature to see how you can get webchaver for free thorough venishmartem and let me know how it goes.

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Re: OivedElokim-I'll never give up

Posted by OivedElokim - 01 Mar 2022 23:07

Day 1

Having a mediocre day. Woke up in time for my job, learned with some chavrusa's, and now I'm procrastinating. According to my schedule I'm supposed to be learning bekius now by myself, but I've been slacking off a bit lately as I'm not really accountable to anybody.

Last night I was really regretting blocking and deleting the photos of voluptuous women from my devices. I didn't have my usual, nightly release that I'm used to getting from masturbation. But life is about choices, and I chose the path of staying clean. Or did I? Apparently I'm in the contemplation stage...

@BHTYH

I do use Apple screentime in conjunction with GenTech. I didn't block Safari as the GenTech browser is really slow. I don't even know why I need Webchaver at this point as my filter is very good. I occasionally use the CE browser but usually not.

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Re: OivedElokim-I'll never give up

Posted by Bilaam Harasha to Yosef Hatzaddik - 01 Mar 2022 23:36

I see, I didn't know they had their own browser. I'm not familiar with gentech at all but thanks for letting me know. And you're right, you don't need to get it all, the skin filtering sounds more than good enough.

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Re: OivedElokim-I'll never give up

Posted by Hakolhevel - 02 Mar 2022 01:20

[wilnevergiveup wrote on 28 Feb 2022 07:41:](#)

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Great Great post. Maybe the greatest post ever (sorry to get political)

No really awesome post. Thanks!

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Re: OivedElokim-I'll never give up

Posted by OivedElokim - 03 Mar 2022 01:25

Watched quite a bit of porn today on an unfiltered device I had access to. I'm so frustrated with myself. I don't have enough motivation to actually stop, but I know that it can destroy my life if I don't get it under control soon. I don't currently have a contract to not use unfiltered devices as per HHM's advice above and due to my fear that I'll just break it anyway due to lack of

I know that there are no magic solutions and that the only way to stop is with hard work and sacrifice, but I'm not up for it. Maybe I just need to wait till I hit rock bottom...

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Re: OivedElokim-I'll never give up

Posted by OivedElokim - 03 Mar 2022 01:39

One of my main struggles in life is my relentless self-criticism and perfectionism. I need to consciously fight it and question that voice of judgement, or else it will consume me and I will sink deeper and deeper into the pit of self-loathing, depression and inertia. To that end, let me enumerate **the things I am doing right**, and the steps I did take:

motivation, but that's the only way I can think of to cut this out.

1. Bought myself a laptop that I can filter so I don't have an excuse to use unfiltered devices.

Warning: Spoiler!

2. Got my phone and laptop filtered with the best filter I know of (GenTech).
3. Got WebChaver on the aforementioned devices.
4. I'm in regular contact with many chevreh from this wonderful site, by chat, email, phone, text, WhatsApp, and even in person. (I feel like I have a support system to help me stop, if only I wanted to...)
5. I opened up to a relative about my struggle.

Here are the things that remain to be done:

1. Get motivated.
2. Open up to a Rebbi, someone who I know and respect in real life.
3. Quit using unfiltered/unmonitored devices. Forever.
4. Quit fantasizing.
5. Quit masturbating.
6. Quit ogling at women.

?That's it. End of rant. Any constructive criticism or advice is welcome. Thank you.

OivedElokim

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Re: OivedElokim-I'll never give up
Posted by Sapy - 03 Mar 2022 03:09

I'll just add to the top of the list of things remaining to be done:

- 1) stop the relentless self criticism and perfectionism.....
- 2) stop the relentless self criticism and perfectionism.....
- 3) stop the relentless self criticism and perfectionism.....

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Re: OivedElokim-I'll never give up

Posted by Vehkam - 03 Mar 2022 03:33

Perhaps you were already doing it but if not I would add one thing to the list.

that would be try to commit to doing something proactive consistently every day.

such as listening to the daily boost every day or reading a chapter of one of the books available.

That way you have something positive to point to every single day and every day is a win even if you happen to have a fall In some area.

If you see that it is working you can always add another small thing on top of the first...,

Slowly but surely these little things add up and will help you become more motivated and they will also start filling up your thoughts

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