

## **GYE - Guard Your Eyes**

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OivedElokim-I'll never give up

Posted by OivedElokim - 21 Feb 2021 21:37

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### **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 thompson - 19 Sep 2024 15:35

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[oivedelokim wrote on 19 Sep 2024 00:57:](#)

### **Day #95**

Been dealing with a lot of sexual thoughts lately. Almost exclusively about the person I should be having them about.

They are nevertheless disturbing and distracting, and I wish I could make them go away.

Any tips and suggestions would be very much appreciated.

Thanks,

OivedElokim

People like Michael Singer claim that you can empty your mind of all thoughts via meditation.

But for the rest of us simple folk, the only antidote to unwanted thoughts is other thoughts you find more captivating and engrossing.

(Like "ouch!" when stubbing your toe.)

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Re: OivedElokim-I'll never give up  
Posted by 1day613 - 19 Sep 2024 15:47

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Why is having sexual thoughts about a spouse bad? Isn't it natural and should be channeled into a healthy husband wife relationship

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Re: OivedElokim-I'll never give up  
Posted by chosemyschem - 19 Sep 2024 15:58

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[1day613 wrote on 19 Sep 2024 15:47:](#)

Why is having sexual thoughts about a spouse bad? Isn't it natural and should be channeled into a healthy husband wife relationship

Loaded question. Fortunately, we don't have to answer it.

Whatever can be done with sexual thoughts about a spouse, masturbating yourself while fantasizing about your kallah is not a good idea. It's not a good idea because it's straight lust, it's not a good idea because it's not a good intro to marriage, and it's not a good idea because it'd be horribly destructive to our dear friend's massive gains after all his hard work. (Full disclosure, except for the massive gains part. I didn't have massive gains going into my wedding.)

So it's a terrible idea. What can be done about it? Probably it's a limited time and it could be white knuckled through. But distraction is a better idea. A call to HHM is an even better idea.

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Re: OivedElokim-I'll never give up  
Posted by oivedelokim - 19 Sep 2024 22:39

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[chosemys hem wrote on 19 Sep 2024 15:58:](#)  
coming from unfortunate personal experience here

[1day613 wrote on 19 Sep 2024 15:47:](#)

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coming from unfortunate personal experience here  
So it's a terrible idea. What can be done about it? Probably it's a limited time and it could be white knuckled through. But distraction is a better idea. A call to HHM is an even better idea.

When did I say I planned to masturbate while thinking about my Kallah? I actually find the idea of that pretty disgusting. I merely asked for advice as to how to handle these thoughts...

Thanks for weighing in though, all the best!

OivedElokim

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Re: OivedElokim-I'll never give up  
Posted by 1day613 - 19 Sep 2024 22:59

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What I meant was if a person is married and has sexual thoughts about his wife every now and then, those thoughts are not necessarily bad and they can be channeled into a healthy relationship.

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Re: OivedElokim-I'll never give up  
Posted by hashemyeracheim613 - 19 Sep 2024 23:18

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True, but Oveid isn't married yet, so those thoughts can't really be "channeled" into the relationship, at least they shouldn't be.

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Re: OivedElokim-I'll never give up  
Posted by oivedelokim - 20 Sep 2024 19:46

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**Day #96**

Getting ready for a wonderful Shabbos, TYH

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Re: OivedElokim-I'll never give up  
Posted by oivedelokim - 24 Sep 2024 02:46

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**Day #100**

For some reason the past two weeks or so have been the hardest of my streak. I keep slipping and sliding, poking around places I shouldn't and overall placing myself in situations which heighten my temptations. I think the fact that I know I will have a sexual outlet soon is causing me to obsess over it more. I'm very frustrated with the length of my engagement and the concurrent need to delay all forms of emotional and physical intimacy and I guess it sometimes bring me to chasing lust in all the wrong places.

I really need to get a grip. Plug all the external and internal holes and stay clean in thought, speech and action.

This is not a drill.

Have a good night,

OivedElokim

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Re: OivedElokim-I'll never give up  
Posted by yitzchokm - 24 Sep 2024 04:41

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Did you already speak to HHM about this?

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Re: OivedElokim-I'll never give up  
Posted by Hashem Help Me - 24 Sep 2024 11:18

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What you are experiencing is extremely normal and expected. My assumption is that it is not lust related - rather a thirst for the warmth and intimacy of healthy marriage. Face it - there is an actual relationship. You have shared personal vulnerabilities, been mechazek each other, and look forward to becoming a couple - with the dream of having an atmosphere of shalom bayis and great kedusha - reminiscent of Adam and Chava before they were divided into 2 separate entities.

It is advisable during an engagement to follow the guidelines of your community/rebbeim that minimize time spent with the kallah for this reason. (And other wise reasons). When one has gedarim - dates and phone calls are not endless - it is less of a tease and easier to stay in control.

After all is said and done, your subconscious is going to cause your daydreams to head in that direction. As was advised by others, get busy with things that are meaningful and exciting to you that will overpower and distract.

All in all, you are a hero and an inspiration for many guys here. You will b'ezras Hashem walk down to your chupa proud and peaceful, with none of the confusion, guilt, and warped ideas so many others get married with. You know why you are getting married and have rewired your brain about intimacy. Your chupa and future life will be enveloped in kedusha and therefore in simcha as well. To an extent - an angel among men.

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Re: OivedElokim-I'll never give up  
Posted by oivedelokim - 14 Oct 2024 22:12

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**Day #120**

I'm so grateful to Hashem for making it this far, bezh it will continue.

I hope I'll have time for a longer post one of these days, just wanted to check in here.

I'm in touch with many guys offline, feel free to reach out if you wanna join my Rolodex

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Re: OivedElokim-I'll never give up  
Posted by oivedelokim - 21 Oct 2024 00:02

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**Day #127 (P), Day #0 (M):**

Yeah, I fell. Keeping two counts will probably be annoying, not sure I'll write them out in every single post.

Things have been hectic and stressful and busy. Trying my best to prepare for the wedding mentally, emotionally and most of all-spiritually. It's difficult to stay focused, and to overcome my perfectionist, all-or-nothing mindset, which usually surfaces especially when I'm supposed to be growing and working on myself. I don't know how it works in other communities, but in Chabad the engagement period is considered a very important time for spiritual work, Teshuva etc. I'm pretty overwhelmed by the intensity of it all, which is hindering my ability to take advantage of it.

How I fell: Went to take a pre-YT shower. I've been experiencing mild pain in my groin area, and I convinced myself that it was due to all my pent up sexual energy (I'm not sure I was wrong about that, it seemed to have worked....). So after a few minutes of fighting, I gave in. BH I was not using visual stimuli or thinking about other women, veda"l. So I still have an impressive porn-free streak.

I did fall victim to the what-the-heck effect, deciding that if I already lost my streak may as well

indulge. I ended up doing it several times over what was a pretty stressful and difficult three day YT.

Needless to say I felt very disappointed with myself. Breaking a long streak has this way of disabusing you of the notion that you somehow fundamentally changed yourself, that you're a better person now. It's all BS-I'm gonna have a weakness for lust my whole life. It's hard not to become cynical and disillusioned with the seemingly futile and constant battle we have to wage. It's really unfair and I'm pretty mad at G-d for programming us this way. Like c'mon.

Please let me vent without pelting me with Chizuk and Marei Mekomos. I know that Hashem derives so much pleasure from us overcoming the struggle even temporarily and its so important and beautiful blah blah blah.

I hope I can brush myself off and get back on my horse and come to my wedding as a halbehtch, not disgusted with myself for my inability to practice sexual discipline and generally have some level of self-respect.

I'm in a very bad mood for reasons other than my recent falls. I'm sure it's coming a cross. If you have my number feel free to call and cheer me up or send me funny memes. Thanks!

OivedElokim

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Re: OivedElokim-I'll never give up  
Posted by oivedelokim - 21 Oct 2024 21:14

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**128:**

For now I'm just gonna be posting my p\*rn streak at the start of each post (my mz"l one is visible on my profile).



Another rough day, though I fixed some of the mistakes I made yesterday. In short-my relationship with my father is extremely contentious, avoidant and generally bad. I said something around him yesterday that set him off, and a war of words ensued. I texted him things I shouldn't have. I apologized today.

Trying to get some work done now. Productivity usually helps lower my stress levels.

Tryna stay positive and upbeat, it's hard though. However, **I'll never give up.**

All the best,

OivedElokim

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Re: OivedElokim-I'll never give up  
Posted by oivedelokim - 21 Oct 2024 23:08

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Just had a close call, nearly fell again. Pulled back in time, gonna stay strong. I'm gonna call a GYE friend tonight.

All the best,

OE

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