GYE - Guard Your Eyes

my inner farm Posted by farmer k 02 Sep 2021 02:56
nello everyone I'm starting my gye journey now. i will try to post often but I don't have a constant internet access since I'm in yeshiva but I'm home about once or twice a week and will try to post then
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Re: my inner farm Posted by farmer k 31 Oct 2021 06:00
9 days, and doing great b"h
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Re: my inner farm Posted by farmer k 12 Nov 2021 01:45
at day 4 again
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Re: my inner farm Posted by Avrohom - 12 Nov 2021 03:48
Good to see you back at it!
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Re: my inner farm Posted by farmer k 14 Nov 2021 05:31
fell on Friday. I was having a stressful day but managed to fight my desire to let off steam but later in the day after stuff calmed down I fell

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Re: my inner farm Posted by farmer k 17 Dec 2021 03:57	
hey what's up	
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Re: my inner farm Posted by farmer k 29 Dec 2021 00:24	
hi fell again still trying:neutral_face:	
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Re: my inner farm Posted by Human being - 09 Jan 2022 21:09	
Hay farmer k. How are you managing?	
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Re: my inner farm Posted by farmer k 10 Jan 2022 04:22	
thanks for asking, at an 8 day streak.	
just had a hard Shabbos, was by a married friends emotions that go through me when I see a married	
whatever rambling again:stuck_out_tongue_winking	g_eye: but thanx for asking it does help
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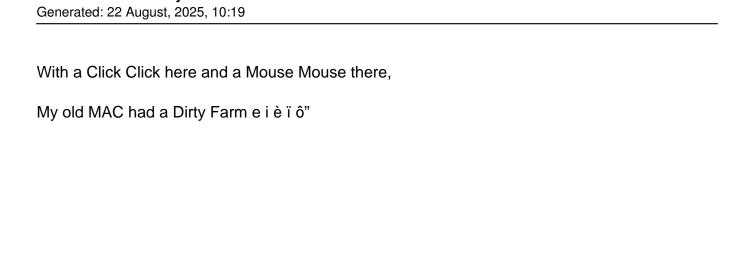
Re: my inner farm Posted by 5Uu80*cdwB#^ - 10 Jan 2022 13:09
I think it's incredible that you were able to be shomer eigneim. It really is such a tremendous challenge to be at table with ????. And what you said about your emotions resonates very much with me. I remember countless times feeling very similarly over the past several years.
My recommendation based on my own experiences and falls in this area is, to whatever extent is possible, really, really avoid going out to Shabbos seudos with mixed attendance, ESPECIALLY on Friday nights , when the women are dressed to their best. It will just save you so much agony. Keep fighting! I am cheering for you!
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Re: my inner farm Posted by Markz - 16 Jan 2022 15:29
farmer k. wrote on 24 Dec 2021 03:29:
hi every morning I wake up with an erection no mater how I sleep, if anyone has advice for this it will be really appreciated
I believe it's similar to wet dreams.
Both these things can strangely disappear after you hit 90 days.
So don't stress over the small things.
Get yourself a Gye Chaver and hit the road!!
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Re: my inner farm Posted by farmer k 17 Jan 2022 03:53

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raaaaaaaaaaaaaaaaa fell after a good 14 day streak
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Re: my inner farm Posted by omekhadavar - 17 Jan 2022 04:43
It's not a fall, it's another road stop on the way to recovery.
Have you tried the Flight to Freedom program?
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Re: my inner farm Posted by Human being - 17 Jan 2022 10:12
That's got to be frustrating.
Remember that your 14 days of cleanliness will never ever go away. Your amazing!
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Re: my inner farm Posted by Markz - 17 Jan 2022 20:59
farmer k. wrote on 14 Nov 2021 05:31:
I fell on Friday. I was having a stressful day but managed to fight my desire to let off steam but later in the day after stuff calmed down I fell
Sing with me
"I fell on a Monday on a MAC cos I was too stressed,

I fell on Friday on a MAC cos I was too chilled,

4/5

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Now, how are we gonna clean up this mess?

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