

## GYE - Guard Your Eyes

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My first try at 90 days.

Posted by UserXyz - 10 Oct 2021 17:54

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I really like this idea so with some Chizzuk from the community and some help from Hashem I'll get to 90 days and beyond.

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Re: My first try at 90 days.

Posted by UserXyz - 10 Oct 2021 17:58

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So to start my first day I reinstalled my filter on my new phone and completely blocked Amazon (and clothing shopping) from my phone. It's gonna be annoying without Amazon (and clothing shopping) but it's definitely gonna be worth it in the long run.

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Re: My first try at 90 days.

Posted by Ish MiGrodno - 10 Oct 2021 18:06

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Way to go!

And it would be a good idea to have your streak show on your profile..

Rooting you on from Grodno ~ IMG

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Re: My first try at 90 days.

Posted by DavidT - 10 Oct 2021 18:12

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Yes you will get there iy"h!

At the same time its important to know that most people don't recover completely from one day to the next. The ups and downs are the stepping stones in recovery. as long as you learn from your falls, it's just another step to complete recovery.

Many lapses are triggered by unforeseen events. Some pressure just occurs out of the blue. It's an important reminder that you can't control everything – what other people say or do or what happens that you didn't expect. Strong emotions can result quickly and produce powerful urges.

But, there IS something you can do. And that's to have a lapse prevention plan for the unexpected.

There are many strategies to use when you know you're going to be in a social situation. You "play the tape forward," thinking through the event and develop your plan to deal with what you're expecting to happen. After being in a few different situations, you refine your plan to a point that it starts to become automatic.

The difference for the unexpected situation is that your plans are in the back of your mind and the current events may make them hard to find and use while you're in an emotional state. What you need now is help to access your plans. And a great way to have that help ready is to write your Relapse Prevention Plan on an index card that you keep in your wallet, purse or someplace that's always accessible.

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Re: My first try at 90 days.  
Posted by UserXyz - 10 Oct 2021 18:15

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I'm not sure how to make it show on my profile.

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Re: My first try at 90 days.  
Posted by UserXyz - 10 Oct 2021 18:16

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How do I get my streak to show on my profile?

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Re: My first try at 90 days.  
Posted by UserXyz - 11 Oct 2021 21:29

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I've noticed that since I've joined this site I've had more strength and willpower to fight the

Yetzer Hara in regards to Shmiras Enayim then I've had for a long while. Thank you to everyone who's part of this community.

Still clean and Be'ezras Hashem I'll be able to keep this streak for many days to come.

(How do I get my streak to show on my profile?)

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Re: My first try at 90 days.  
Posted by Zedj - 12 Oct 2021 02:31

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I think we see it now Just don't forget to update it every once in awhile!

keep up the great work!

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Re: My first try at 90 days.  
Posted by UserXyz - 06 Jan 2022 23:06

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It's been a while since I last checked in but it been better with my streaks lasting a couple of weeks instead of days. Trying to get past two weeks is hard.

The f2f tool has beed helpful so thank you for that.

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Re: My first try at 90 days.  
Posted by Human being - 07 Jan 2022 10:21

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Its my first goal, 2 weeks. Its hard to even imagine! but you did it, so I can too.

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Re: My first try at 90 days.  
Posted by Shtarkandemotional - 06 Mar 2022 22:40

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How've you been?

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Re: My first try at 90 days.  
Posted by UserXyz - 06 Mar 2022 23:01

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16 days. Nice streak. I've been trying to keep myself busy with other activities.

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Re: My first try at 90 days.  
Posted by UserXyz - 30 Dec 2022 19:08

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It's been a while since I posted, should have been in here more. Is been an up-and-down journey since.

A couple of updates:

1. I have a stronger filter on my phone with no browser, only apps.
2. I started reading the battle of the Generation which has been helpful.

I did mess up last night which did push me to do thing like ride stronger filter and go on this forum again.

I didn't make to reach 30 days a few days ago and I'm sure I can do it again and more so here we go.

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Re: My first try at 90 days.  
Posted by Eerie - 01 Jan 2023 19:52

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Keep it up! And stick around, there are so many people with so much to learn from, this is the

place to be. Keep trucking, my friend!

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Re: My first try at 90 days.

Posted by UserXyz - 02 Jan 2023 16:01

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No falls since my last update.

Removing all these things from my phone (through the filter) is hard at first, but after a little bit of time, it feels really good not having all these apps that waste so much time and can have access to content that can be problematic.

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