

Giving a Genuine Try

Posted by omekhadavar - 26 Oct 2021 14:12

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Hi everyone,

This is my first time posting here. I'm going to try and keep it up. The goal is to get to 90 days for the first time. Currently, this is my third day clean. I don't have an issue with pornography, I rarely view it. However, I do have an issue with being mz"l, which is usually caused by seeing inappropriate pictures etc.

I've been thinking of ways to remove triggers. I plan on purchasing a basic phone soon, so I hope that will remove help in removing many triggers. Also, I currently have web chaver on my computer, but I plan on getting a filter as well, so I don't see any triggers by accident. Another one of my main problems is when I'm not occupied and end up surfing the web. This almost always leading to me being mz"l when no one is around. I would like to make a neder for at least 20 days not to use the internet unnecessarily, but I'm not sure how to phrase it. Advice would be appreciated.

*-Dvar Ha'emek*

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Re: Giving a Genuine Try

Posted by HappyYid - 09 Feb 2022 05:00

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[omekhadavar wrote on 09 Feb 2022 04:22:](#)

Day #30

2/3 of the way to 90!

Didn't think I could ever make it this far. I bought myself dinner tonight to celebrate.

I decided to have the roommates move in. I think being alone is a bigger risk.

Signing off for the night,

*-Dvar Ha'emek*

Keep up the great work!

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Re: Giving a Genuine Try

Posted by omekhadavar - 21 Feb 2022 05:06

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Re: Giving a Genuine Try

Posted by omekhadavar - 21 Feb 2022 05:06

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Day #42

Total clean days since starting GYE: 100!!!!

*-Dvar Ha'emek*

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Re: Giving a Genuine Try

Posted by omekhadavar - 24 Feb 2022 03:18

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Day #45

50% of the way to 90 Days!!!

*-Dvar Ha'emek*

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Re: Giving a Genuine Try

Posted by farmer k. - 24 Feb 2022 03:34

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keep it up

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Re: Giving a Genuine Try

Posted by Yosefhamevakesh - 24 Feb 2022 05:51

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Lechayim on the halfway point!! It gives me chizuk every time I see other ppl proving that it's possible. Keep going brother! Lookin forward to celebrating the next 45 with you!

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Re: Giving a Genuine Try

Posted by 613guard - 27 Feb 2022 07:37

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[omekhadavar wrote on 24 Feb 2022 03:18:](#)

Day #45

50% of the way to 90 Days!!!

*-Dvar Ha'emek*

Its more than 50percent of 90 days

its 100percent of 45 awesome days!

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Re: Giving a Genuine Try

Posted by omekhadavar - 27 Feb 2022 16:15

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Had a fall last night. Made it to 48 days clean. That's double my previous streak. Now I have a total of 106 clean days since starting GYE. I've seen significant progress since starting GYE and am going to continue my journey to freedom.

kol tuv,

*-Dvar Ha'emek*

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Re: Giving a Genuine Try

Posted by DavidT - 27 Feb 2022 17:59

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[omekhadavar wrote on 27 Feb 2022 16:15:](#)

Had a fall last night. Made it to 48 days clean. That's double my previous streak. Now I have a total of 106 clean days since starting GYE. I've seen significant progress since starting GYE and am going to continue my journey to freedom.

kol tuv,

*-Dvar Ha'emek*

You have an amazing positive attitude that all of us can learn from it.

If you view your lapse as a mistake and as a product of external triggers, rather than as a personal failure, research shows that you will have a much better chance of return to abstinence quickly. Your lapse becomes a tool to move forward and to strengthen your motivation to change, your identification of triggers and urge-controlling techniques, your rational coping skills, and the lifestyle changes needed to lead a more balanced life.

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Re: Giving a Genuine Try

Posted by omekhadavar - 23 Mar 2022 01:06

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Fell after 20 days. Found a loophole in my filter system. Going to patch it and get back up.

Total days clean since starting GYE: 126!

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Re: Giving a Genuine Try

Posted by OivedElokim - 23 Mar 2022 01:56

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Sorry to hear about your fall.

Mazel Tov on 126 days!

Good for you that your not getting bogged down by the fall and getting back up right away.

Rooting for your success!

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Re: Giving a Genuine Try

Posted by 613guard - 03 Apr 2022 06:14

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How you doing?

Davening for you

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Re: Giving a Genuine Try

Posted by omekhadavar - 04 Apr 2022 00:22

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Thanks, it's going great. I'm finishing off the zman strong and getting ready for Bein Hazmanim. I am working out a list of things I want to get done so I can structure my days properly (???? ????? ???? ????).

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Re: Giving a Genuine Try

Posted by omekhadavar - 12 Apr 2022 02:40

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A fresh start

Ok. going to start posting here regularly till zman gets started up again as a form of achrayus.

Yesterday, I had a very productive day in the morning. I went to Shachris, learned for a few hours, and then helped out around the house. But after that, I had nothing planned and started watching YouTube videos and movies. This eventually led to me being triggered and having a setback. This completely threw me off. I went to sleep late, overslept in the morning, and basically lost my entire morning. Luckily, I was able to salvage the rest of my day. I rescheduled with my chavrusah and learned for a few hours in the afternoon. Then I helped kasher a kitchen at home.

I need to set up gedarim at home. For starters, I'm cutting out all movies and YouTube from my diet. Next, I'm removing my computer from my room. I'll leave it downstairs. Lastly, I'll try to schedule my days in more detail.

ly" h I'll have a successful Bain Hazmanim.

Signing off for the night,

*-Dvar Ha'emek*

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