

My new life

Posted by bochur23 - 25 Jan 2022 11:45

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I was debating if I should just continue my old thread

(<https://guardyoureyes.com/forum/19-Introduce-Yourself/359379-restarting>), but I decided to make a fresh start.

I've "tried" many times before to fight this, without much success. Over the past year, I've had some better times, but so far nothing lasting.

What's different now is that boruch hashem I have constant access to GYE on a filtered device (until now it was always on unfiltered devices, which is why I didn't visit too often). Hopefully that will help things along, as I'll be able to use all the resources available to help me.

Im yirtzeh hashem I will now be able to update every day, and I plan to do so.

So today starts day 1 of the rest of my life!

Bochur23

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Re: My new life

Posted by sleepy - 26 May 2022 14:01

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[bochur23 wrote on 26 May 2022 03:51:](#)

Day 2 clean boruch hashem.

Nothing else to write.

in binary thats **10** days !hatzlacha!

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Re: My new life

Posted by bochur23 - 27 May 2022 04:21

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Back at 3 days clean boruch hashem. Haven't consciously noticed any urges (until I have one, ).

I decided to restart the flight to freedom program (probably after shabbos), so I asked them to reset it to zero progress (it was at 100, as if I finished the whole course. Thank you "Chaim" from GYE!). Hope I'll do it right this time! and then I always fall...

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Re: My new life

Posted by bochur23 - 27 May 2022 23:06

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Just going to check in before Shabbos, boruch hashem day 4 clean.

I was playing around a bit on the flight to freedom website, and my success rate for the past 7 days is 86 percent (It doesn't give the option there, but from "?" ???? my success rate is 82 percent).

Every day clean pushes it up more!

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Re: My new life

Posted by bochur23 - 29 May 2022 05:56

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Day 5 clean boruch hashem, Shabbos was nice. I guess now is uncharted territory (for the last month and a half).

going to start flight to freedom tomorrow ????? ???.

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Re: My new life

Posted by bochur23 - 29 May 2022 06:22

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There's an interesting discussion going on [here](#) (and onwards) about "double standards" regarding being a "top bochur"/super frum and struggling with this. A lot of valid points brought up. Here's my two cents (posted it there as well):

I think there was a deeper point in frank.lee's post (if that wasn't his intention, then it's my point:wink:).

?Sure, double standards are bad for the most part (although some people still pointed out certain benefits even then). But is it a double standard, when I live up to it in some areas and I others not? It's not a "All or nothing", what I do live up to isn't necessarily fake just because I struggle in something else.

There's a story about the fourth Lubavitcher Rebbe: one of his chassidim would wear chassidic clothes when visiting his Rebbe, and would wear business attire while on business trips. After a while he thought to himself "who am I tricking?" So he decided to come to the Rebbe in his business clothes. When the Rebbe saw him he commented "and I thought you were faking by the business trips, not here..."

The point is, who is the real me? The one who is a top bochur etc who also has a real struggle in this area, or am I really OTD and just putting on a good show for everyone else?

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Re: My new life

Posted by frank.lee - 29 May 2022 10:41

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I think my main point was that just because you have a challenge in a certain, private area of life, it does not mean you are a bad person. But the way our minds work is like that, we don't realize that it is common, healthy, normal etc. a gift from Hashem.

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Re: My new life

Posted by bochur23 - 30 May 2022 06:26

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Boruch hashem day 6 clean.

I started doing the flight to freedom program, did the introduction and first unit. Is there a specific pace to be going at? I was thinking of one unit per day, but some are really short and some are really long, and not each lesson has 7 units (I think it's meant to be one lesson a week, no?).

@frank.lee: sorry for misrepresenting your point. I guess then it's just my point...

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Re: My new life

Posted by bochur23 - 31 May 2022 03:35

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Wow! Boruch hashem I made it to my goal - 7 days clean! That's 100% success rate for the last week, and 86% since ??? ?????. Meanwhile I'm continuing to stay busy during the day, and not be alone by the computer at night.

my current goal is to get to 10 days, so 3 more days (Thursday night).

I continued the next two units of the flight to freedom program, but I didn't yet do the core values worksheet. Im yirtzeh Hashem I'll do it tomorrow.

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Re: My new life

Posted by bochur23 - 01 Jun 2022 11:25

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since pesach, so boruch hashem for that! . It's the longest I've been clean for

My main chavrusah wasn't available yesterday (he had a simcha), and I got the thought in my

head that now I have free time to watch porn, I'm anyways past my goal '???' '???''. Then I thought to myself, just the opposite - now I have free time to focus on the core values worksheet.

When it came down to it, I didn't do the worksheet during that free time, but I didn't watch porn then either. Later on, I downloaded a video to watch, but then I deleted it.

But then late last night I didn't listen to my rule not to be by the computer alone, and I ended up falling.

My goal isn't changing, I'm aiming for 10 days ('"? ????'). I'm not sure what specifically to learn from this fall which I didn't know already, I guess I'll continue with the flight to freedom program and see how it goes.

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Re: My new life

Posted by Markz - 01 Jun 2022 15:59

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[bochur23 wrote on 01 Jun 2022 11:25:](#)

So... I made it to 8 days clean, but then late last night I fell:cry:. It's the longest I've been clean for since pesach, so boruch hashem for that!

My main chavrusah wasn't available yesterday (he had a simcha), and I got the thought in my head that now I have free time to watch porn, I'm anyways past my goal '???' '???''. Then I thought to myself, just the opposite - now I have free time to focus on the core values worksheet.

When it came down to it, I didn't do the worksheet during that free time, but I didn't watch porn then either. Later on, I downloaded a video to watch, but then I deleted it.

But then late last night I didn't listen to my rule not to be by the computer alone, and I ended up falling.

My goal isn't changing, I'm aiming for 10 days (??? ???). I'm not sure what specifically to learn from this fall which I didn't know already, I guess I'll continue with the flight to freedom program and see how it goes.

8 Days????????

AMAZING!!!!!!!

Keep your mind on the goal which is today.

Please do me a favor and stop counting.

If you happen to have 90 clean days after having a consistent daily goal, that's nice, but not the time to party. The time to party is when your daily goal works. So figure it out including a plan for )!

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Re: My new life

Posted by Vehkam - 01 Jun 2022 19:26

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8 days is amazing! that is the Imaaleh min hateva and also kneged the shmonas yimei milah!

It can take time to retrain yourself to the point where watching pornography is just not an option that you would consider.

continued hatzlocha and keep in touch.

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Re: My new life

the summer (I mean today

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Posted by bochur23 - 02 Jun 2022 03:42

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So today is back to day 1 clean for me, boruch hashem.

I filled out the core values worksheet from the flight to freedom program. I think it was clarifying for me not just for this, but also in general to know what my priorities are.

@markz: I agree that I should focus on just **today**, and not as much on counting. But I'm wondering, are they a complete ????? one to another? Can't I **also** have aspirations where I want to get to long-term?

When I write it out, it might seem like overemphasizing my count. but i usually spend very little time thinking about that throughout the day, I just like pointing it out (to myself?). What do you think, is even just this not helpful?

Regarding the summer, I think until the end of Tammuz I'm pretty much going to be in the same situation I'm in now. So whatever I'm figuring out for now should work the same then. Afterwards I'll be in overnight camp and I probably won't have any access except for my filtered phone (so,  
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Re: My new life

Posted by Yissie - 02 Jun 2022 19:12

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I very much agree that you should have long-term aspirations. The goal is that you will be clean for the rest of your life. It is not productive to think about that now, so just focus on the day. I think the count should be used as a chizuk that you have gotten so far.

But as Markz is saying, have a plan how to get through the day, and stick with it. Having a number and thinking how many days left can make it a little harder and not as productive. I think it could be for some people the hope to "accomplish" a 10 day streak will push them through each day. But for some all you need is to wake up in the morning and say, if I get through this day, it will be a major success without worrying about any other days.

It seems to me that you have a good daily plan and it is working. But when your schedule

changed, it messed up the plan. You have to have a plan B that will keep you from crossing any lines you made.

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Re: My new life

Posted by Markz - 02 Jun 2022 20:04

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[Yissie wrote on 02 Jun 2022 19:12:](#)

I very much agree that you should have long-term aspirations. The goal is that you will be clean for the rest of your life. It is not productive to think about that now, so just focus on the day. I think the count should be used as a chizuk that you have gotten so far.

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It seems to me that you have a good daily plan and it is working. But when your schedule changed, it messed up the plan. You have to have a plan B that will keep you from crossing any lines you made.

Hey I was going to write a response but now I see I have a great speech writer thank you so

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