

My new life

Posted by bochur23 - 25 Jan 2022 11:45

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 bochur23 - 07 Jun 2022 06:31

I wasn't trying to prove the above point, but on Erev Shabbos I didn't have a regular schedule (since I was traveling somewhere for Yom Tov), and I ended up falling... But since then I've been clean.

I'm not yet in a good place, but even staying clean when I'm in a normal situation is an accomplishment for me, and the more experience I get with that makes it easier, and will help also for out of the ordinary situations. Need to continue the flight to freedom program (started last week, but didn't finish lesson one before Yom Tov).

On to tomorrow, back to regular schedule ????? ???.

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Re: My new life

Posted by bochur23 - 07 Jun 2022 07:38

In reply to my [post](#) "sleepy" [wrote](#):

people went to the lubavicher rebbe ztl and complained that your bachurim are fooling everyone (by looking and acting more frum than they were) answered the rabbe, let them fool , let them fool, until they even fool themselves -meaning theyll start feeling internaly what was originaly just acting externaly - a gadols view...

[I don't want to hijack that thread, so I'll add my two cents here.]

Just for accuracy I'll point out that - if I'm not mistaken - this story happened with the first Chabad Rebbe, the Baal HaTanya (he brought a "proof" from the last Mishnah of ????. ???).

This is also an important lesson. Chazal tell us that ????. ??? ????, so we shouldn't hold back from doing a mitzvah even if it isn't sincere right now. The ??? ?????? writes that ??? ?????? ?????? ??????, the action itself will awaken the feeling in the person. The Baal HaTanya was pointing out that even if they were "faking" beyond their level, they'll "grow into it".

(This is **in addition** to the point I was making that not necessarily is it fake to begin with.)

Practically speaking, I'm not sure how/if to apply it in our situation (besides for the fact that it was a response to **others** who were saying that it was fake, while from **those chassidim themselves** he clearly demanded authenticity), where the discussion is about the "double life" is being a big strain on the person. If so it would seem that the "faking" is holding him back, not pushing him forward. I guess practically each person (with the help of ??? ?? ?? ????? ?? ???, a mentor and/or a friend they can be open with) needs to see what works for him.

Warning: Spoiler!

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Re: My new life

Posted by bochur23 - 09 Jun 2022 10:15

The past two days have been rough, kept falling again and again... I don't want to say I'm
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overestimated where I'm holding.

that pre-shavuot fall affected me more than I thought, struggling to move on. I need to "reset"
myself mentally, and continue doing what worked for me before shavuot. And I need to
continue the flight to freedom program (I've been avoiding answering -to myself- the questions
on the "reasons for change" unit...).

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Re: My new life

Posted by bochur23 - 10 Jun 2022 07:08

disappointed in myself (or I'll be attacked for being too hard on myself ?"?)

Boruch hashem clean for today, getting back into my regular routine, chavrusos, sederim etc.

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Re: My new life

Posted by bochur23 - 10 Jun 2022 23:57

Boruch hashem clean for today. Have a good shabbos.

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Re: My new life

Posted by bochur23 - 12 Jun 2022 23:26

Shabbos was nice, clean boruch hashem. So far clean today as well, but I'll be out late tonight so I need to make sure not to fall when I get back

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Re: My new life

Posted by bochur23 - 13 Jun 2022 08:38

So I made it back home about a half hour ago, and that's it - I'm not going to fall tonight. A month ago I had the same exact situation for the same exact reason and I did fall, so yay to me! Onward to today!

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Re: My new life

Posted by bochur23 - 14 Jun 2022 05:01

Clean day boruch hashem, I was by a bris today of a close friend's son.

Interesting thought: I used to feel that if I don't have anything specific to write here then there's ??? no point. I still feel a bit weird just posting "clean day" and that's it. But for the last 3+ weeks I posted almost every day. Something is working, not sure what.

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Re: My new life

Posted by Hashem Help Me - 14 Jun 2022 11:28

Human nature is to veer towards negativity. It takes extra effort to post "plain" good news. There is a "special yetzer hara" that tries to convince us not to make a siyum when we finish a mesechta. "You don't *really* know every blatt. You probably skipped a few Rashi's, etc." Same story here. This yetzer hara does not want us to feel good about ourselves or celebrate. He doesn't want us to document our successes because he knows it will iyh bring to more....

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Re: My new life

Posted by committed_togrowth - 14 Jun 2022 15:54

To add on to the above, your success gives us inspiration and chizzuk, there is definitely nothing normal about success in this area. Keep posting!

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Re: My new life

Posted by bochur23 - 15 Jun 2022 04:52

Clean day boruch hashem. Thanks for the encouragement.

Is it just me, or is the flight to freedom website not working right now? It's the second time it's happening to me in the past week.

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Re: My new life

Posted by MenachemGYE - 15 Jun 2022 10:43

The F2F site had a bug, it's working again now.

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Re: My new life

Posted by bochur23 - 16 Jun 2022 03:33

So late last night I ended up falling... But today was clean!

It's been a month since I restarted, so here are my takeaways: out of 30 days, I was clean for

23. I fell on 7 days, one of them was a double fall on one day. I would estimate that I watched less than 2 hours of porn during this month.

My plan to improve over the coming month is that I'm going to focus more on the flight to freedom program (I've been avoiding answering the [questions](#) at the point where I'm up to, but I need to do it), including making a more detailed "official" plan. I'm also going to ask my friend to be my accountability partner again (he did it earlier this year with me).

@MenachemGYE: it's not working again...

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Re: My new life

Posted by MenachemGYE - 16 Jun 2022 08:26

It's back up - again. The programmers are working to make it more stable.

By the way here's a new [simplified list of questions](#).

Here's some other good stuff from the next version of F2F that can help you with planning:

[Flight Plan](#)

[Freedom Contract](#)

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