

Here we go!

Posted by bisyata dishmaya - 14 Mar 2022 02:16

Baruch Hashem I have finished 1 week clean!

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Re: Here we go!

Posted by bisyata dishmaya - 14 Apr 2022 05:16

BH 38 days clean! APPROACHING THE 40 mark. Does anyone know a good adblocker for android apps? I already have gentech, I installed adblocker but it's not perfect and you have to keep turning it on.

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Re: Here we go!

Posted by bisyata dishmaya - 14 Apr 2022 05:22

In other news I started the Flight to freedom program and decided to use for TaphSic small knas 5 dollars to GYE ASAP big Knas 50. BUT I'M STILL TRYING TO FIGURE OUT A DISTRACTION PLEASE SUGGEST YOUR IDEAS AND MAKE SURE I DON'T PUSH IT OFF!

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Re: Here we go!

Posted by 5Uu80*cdwB#^ - 14 Apr 2022 12:05

My go-to distractions (not in any order):

1. Go to GYE and post or be in touch with someone you trust for chizuk.
2. Learn a gemara you already know well and that you enjoy learning.
3. Vigorous exercise.

And in all of these, do not keep checking with yourself, "Are the thoughts gone yet? Am I in the clear?". Doing so will only perpetuate the taivos and thoughts. When it comes to thoughts you do not want, simply move on and don't look back. This takes practice.

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Re: Here we go!
Posted by lionking - 14 Apr 2022 17:04

[bisyata dishmaya wrote on 14 Apr 2022 05:16:](#)

BH 38 days clean! APPROACHING THE 40 mark. Does anyone know a good adblocker for android apps? I already have gentech, I installed adblocker but it's not perfect and you have to keep turning it on.

Are you rooted? The best ad blocker in apps is MinMinGuard, however you need both Root and a version of Xposed for it to work.

AdAway is good option as well. You need to customize the sources (use energized.pro source list for good results) and works best when rooted as well, but can work as a VPN as well without root.

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Re: Here we go!
Posted by bisyata dishmaya - 14 Apr 2022 18:25

I couldn't find it on the play store, is it under a different name? I need one that I can use mobile hotspot also.

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Re: Here we go!
Posted by lionking - 14 Apr 2022 22:16

Both aren't on the playstore. Very limited play store options due to Google not wanting you to block ads.

AdAway is open source. You ca download from f-droid.org/packages/org.adaway/

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Re: Here we go!
Posted by bisyata dishmaya - 20 Apr 2022 03:48

Update BH entered pesach with 40 days behind me. Erev Pesach was day 40! and BH still clean but.. I had a chaser today and slipped a drop (looked at not so appropriate images for a bit, (Nowhere close to porn BH but it could've led to it) so I could use some chizuk. (I already have filters)

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Re: Here we go!
Posted by committed_togrowth - 20 Apr 2022 06:08

Mazel tov on the 40 days! Don't overthink the tiny slip, you're doing awesome. In fact I wouldn't give it single thought, just keep going forwards!

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Re: Here we go!
Posted by bisyata dishmaya - 26 Apr 2022 03:38

BH I REACHED DAY 50 THANK YOU FOR EVERYONE WHO IS GIVING ME CHIZUK IN MY JOURNEY! I have less than a week left to bein hazmanim and Bli Ayin Hora this is the first time since 2 or 3 years ago if my math is correct that PESACH BEIN HAZEMANIM WILL BE CLEAN FROM PURPOSELY WATCHING/LISTENING TO PORN/MOTZI ZERA LEVATALA!

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Re: Here we go!
Posted by bisyata dishmaya - 28 Apr 2022 06:28

BH still clean had Nisayon last night found browser app on browser free filtered phone I was literally about to google porn I even already typed it in the search bar of course just to check if it was filtered but then was like no not worth it after all this time.

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Re: Here we go!
Posted by bisyata dishmaya - 29 Apr 2022 16:59

BH still clean! P.S.A. Feel free to forward and share Rashi in this week's Parsha in perek 16 passuk 16 dibbur hamaschil ???? ??? ?????????

?? ?? ?? ??? ?????? ?????? ??????? No matter how tamei we get Hashem's Shechina is always with us.

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Re: Here we go!
Posted by bisyata dishmaya - 03 May 2022 18:48

Still clean started the zman.

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Re: Here we go!
Posted by Hashem Help Me - 04 May 2022 11:28

Take out the word "still". It can imply that one expects to fall....

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Re: Here we go!
Posted by bisyata dishmaya - 08 May 2022 18:15

BH Reached 2 months clean!

GYE - Guard Your Eyes

Generated: 5 April, 2025, 22:36

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