

Connecting the days

Posted by connected - 05 May 2022 17:34

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I figured I'd start a new thread under this category to help me keep track of my progress.

I had a tough day with my wife yesterday. (Actually, if I'm being honest, she had a tough day, and her mood spilled over, dragging me down.) Finally, after putting the kids to bed and having something to eat, I needed to go to the grocery. I got into the car, still upset, and as I was waiting at a red light, this attractive woman walked by right in front of me, and my eyes helpfully escorted her across the street.

Suddenly, the following hit me. And I said it out loud (all windows were closed...).

"What are you doing? You're upset at your wife, so you're ogling other women? Do you think you're somehow getting even with her? All you're doing is destroying yourself."

This helped me snap away my destructive gaze.

This is not the first time I behaved this way while being upset with my wife. But it's the first time I had this thought that helped me out of it. I didn't put that thought there.

Thank You, Hashem, for that thought.

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Re: Connecting the days

Posted by connected - 26 Jun 2022 16:13

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[Vehkam wrote on 26 Jun 2022 14:48:](#)

*congratulations! So happy for you. Just remember to focus on the positive. Small sustainable steps will get you where you want to go!*

*keep it up!*

*vehkam*

Thank you, Vehkam!

You are a big partner in my journey!

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Re: Connecting the days

Posted by connected - 01 Jul 2022 14:38

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## **65 days**

The furthest I've ever made it (I look forward to writing this line every day now...)

I had a terrible pornographic dream yesterday; the type that didn't need my hands to finish the job.

By the grace of the Almighty, I woke up just before my body hit the punchline.

In the past, I'd be upset at the aborted show. I'd continue lying with closed eyes, trying to create the rest of the scene on my own.

Oh, no. Not anymore.

I retained it by sheer muscle contraction. Once the red-hot phase of the urge passed, I flew out of bed, and here I am, telling the tale.

Thank you, Hashem, for saving me from the *feeling* of defeat.

Although I know it wouldn't be considered a "fall", it would still make me feel down.

*Stay Connected*

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Re: Connecting the days

Posted by connected - 06 Jul 2022 17:16

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**70 days**

The furthest I've ever made it (I look forward to writing this line every day now...)

The postscript of the congratulations email from GYE always reminds us to celebrate, so I went out and bought myself a full-blown, large-scale, real-life, too-good-to-be-true tuna sandwich.

(Hey, for a cheapskate like me, this itself deserves a celebration.)

I'm just wondering how I can possibly top this when I reach 90 days. I mean, the sky is the limit.

That's gonna be tough.

Any suggestions would be hugely appreciated.

*Stay Connected*

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Re: Connecting the days

Posted by Lchaim Tovim - 06 Jul 2022 17:28

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[connected wrote on 06 Jul 2022 17:16:](#)

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Any suggestions would be hugely appreciated.

*Stay Connected*

Two tuna sandwiches?

I'm crying as I write this...how can anyone possibly celebrate with a tuna sandwich...???? ???  
????? ??????

Just kidding. L'chaim brother! You're awesome and can't wait till I hit 70 days. I will celebrate with

**Warning: Spoiler!**

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Re: Connecting the days

Posted by connected - 06 Jul 2022 17:47

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[Lchaim Tovim wrote on 06 Jul 2022 17:28:](#)

Two tuna sandwiches?

I'm crying as I write this...how can anyone possibly celebrate with a tuna sandwich...???? ???  
????? ??????

Just kidding. L'chaim brother! You're awesome and can't wait till I hit 70 days. I will celebrate with

**Warning: Spoiler!**

Hey, Woah, hold your horses (all of them)!

Two tuna sandwiches?! Ninety days might call for a celebration, but no need to go broke!

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Re: Connecting the days

Posted by Lchaim Tovim - 06 Jul 2022 17:55

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You'll pay for them with your GYE coins

[app.guardyoureyes.com/shop](http://app.guardyoureyes.com/shop)

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Re: Connecting the days

Posted by connected - 10 Jul 2022 19:41

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### **74 days**

The furthest I've ever made it (I look forward to writing this line every day now...)

Sunday afternoon, 3:15 PM. It's been a stressful day so far.

Shopping.

Waiting in the car while my wife shopped with the kids.

Waiting in the car with the kids while my wife shopped for herself, etc.

Now, my wife went to another store herself.

My son is in Cheder.

My older daughter is at a neighbor.

My younger daughter is sleeping.

I have about 30 minutes to myself now.

It's an opportunity for the perfect session.

I feel I deserve it, and there are no distractions.

Hashem, you know me better than I know myself. You know that until not too long ago, this whole calculation would be made subconsciously and by now I would've been deep in the midst of stabbing myself yet again.

You opened my eyes, I can now see the truth. I am indebted to you. Many times over.

I give you these 30 minutes.

Hashem, I want to become closer to you.

I want to be connected to you.

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Re: Connecting the days  
Posted by 5Uu80\*cdwB#^ - 10 Jul 2022 22:45

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[connected wrote on 10 Jul 2022 19:41:](#)

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Beautiful post!

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Re: Connecting the days  
Posted by Face the challenge - 11 Jul 2022 01:06

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Wow! Really nice post! Keep it going!!

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Re: Connecting the days  
Posted by Lchaim Tovim - 11 Jul 2022 14:26

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WOW!! Articulated beautifully! Thanx for the chizuk!

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Re: Connecting the days  
Posted by connected - 14 Jul 2022 14:03

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**78 days**

The furthest I've ever made it (I look forward to writing this line every day now...)

Just checking in.

*Stay Connected*

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Re: Connecting the days  
Posted by connected - 18 Jul 2022 14:16

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## 82 days

The furthest I've ever made it (I look forward to writing this line every day now...)

I used to open the 90-day chart, and I'd catch a glimpse of the names of great warriors up on top before it zoomed down to my position (usually around three days). After close to three months of what's probably the hardest - and the most rewarding - work I've done, I've made it near the top. Talk about an ego booster.

Now, here's my dilemma, in about eight days, when (not if) I'll click that "I don't have a fall to report" button, I'll be kicked off that prestigious position. Of course, one could argue that I'll be on The Wall Of Honor, which is superior, but I can't help but feel uneasy about the transition.

From a Torah-true perspective, I shouldn't feel this way. Chazal tell us ??? ??? ??????, ??? ??? ??? ??????. But still, it's sorta like after being the oldest in Elementary; we're suddenly demoted to the youngest in High School. Even though HS is for the big boys, you're the youngest all over again. (And the truth is, the members of the 90-day chart are in no way sly Foxes; they're Lions!)

Most people just submit to it. Such is life, and there's nothing we can do to stop the passage of time.

One wise man stood up, and Markz was (still is) his name, and said, "I have an idea! I'll stop updating my counter when I'm up there. The pinnacle will be mine indefinitely!"

And so, Markz set his plan in motion. It's an easy and effective plan. In fact, it's so easy; all you need to do is nothing.

But he made one fatal mistake. He stopped updating at 87 days. That means that two people can outsmart him in his own game.

Markz, I'm coming for you!

*Stay Connected*

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Re: Connecting the days  
Posted by Lchaim Tovim - 18 Jul 2022 14:32

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Oh boy!!! Big show down, pass the popcorn...

I don't think it's going to work. I may be wrong but I believe that whoever has the same count as you (89 days) but updated that day will be displayed ahead of you... That being said, Connected, you write very well. Looking forward to hearing more from you from the other side of the wall of honor.

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Re: Connecting the days  
Posted by No Mask - 18 Jul 2022 15:31

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[connected wrote on 18 Jul 2022 14:16:](#)

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*Stay Connected*

Let me tell you, there are the names on the dash board that have the most clean days, and they are there forever, you just came later.

But let me ask you, is there a contest who came earlier, if there is a contest, the game did you stay clean, did you guard your eyes, so if you are consistent, you are the same, and possible even better, if you are guarding your eyes etc.

But the real truth is, there is no contest whatsoever, you gotta look at yourself, how was I before and what's my progress, what difference does it make how other are doing.

And I find even more, that for this struggle, you could only think about yourself, no outside motivation.

All the best

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