

A Massive fail

Posted by Hopeful2022 - 08 Aug 2022 10:02

I don't know where to begin. I started off this program with so much hope. I had a 5-day streak right out of the gate and was starting to feel a little better about myself. I completed the F2F programs first week. There was light at the end of the tunnel. That light has turned into a freight train heading right for me. After one fall, I told myself that I can't let perfect be the enemy of the good. I will have falls, and that is just part of the process. Then I had a few good days followed by a fall.

Every fall had one thing in common, and that is that my wife was out of the house for whatever reason, and I was alone with my computer. I would be totally fine and having a good day, and she would say that she is running to the market for a few minutes. The minute she was out the door I was attacked by the Yetzer, and I grabbed my computer.

This weekend she spent in NYC for Shabbat with a few friends. I was alone with my computer all weekend. I don't need to tell you what happened, it was a fall after fall after fall. I gave away the entire weekend. I was using the computer on Shabbos, I didn't fast Sunday, It was a lost weekend of disgusting behavior. It is now Monday morning, and my wife is coming home today. This is a common pattern for me. Anytime that I am alone, I feel that I have an opportunity to "go crazy" and I can't miss out. I have these opportunities often. I travel for business, we have two homes, and sometimes we are not together for whatever reason. It is not like I am having major urges when she is around, and I am just waiting for her to leave. It is not until she is physically gone that I have the urges and they are overwhelming. The Yetzer knows that when we are together he has less of a chance to attack, he waits until I am alone and then strikes. Should I make it a point not to be alone? Any advice is greatly appreciated. I am feeling very dejected this morning.

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Re: A Massive fail

Posted by Kavey - 20 Oct 2022 15:53

guardyoureyes.com/forum/4-On-the-Way-to-90-Days/381609-Kaveys-Journey?limit=15&start=30#383515

Here are some short posts from my trip a few months ago. HHM was instrumental and I recommend reaching out to him.

A trip is an opportunity to take the advances you've been making to the next level. Seize the moment. You won't regret it.

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Re: A Massive fail

Posted by Hopeful2022 - 21 Oct 2022 10:19

I have ordered the Fig Phone, and it should be arriving any day now. I have kept my iPhone for my trip to Israel next week. I convinced myself that I "needed" it for the trip. Having my plane tickets, the Gett app, What's App, and Google maps, Hotel reservations etc... Traveling across the world, I don't feel comfortable without my iPhone. That may just be my Yetzer Hara talking, but that is how I am feeling at the moment.

When I get back, I hope to be able to dump the phone.

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Re: A Massive fail

Posted by Hopeful2022 - 21 Oct 2022 10:26

I don't know if that is possible, even if I did, but I don't have anyone I trust to know my problem.

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Re: A Massive fail

Posted by Hashem Help Me - 21 Oct 2022 10:32

[Hopeful2022 wrote on 21 Oct 2022 10:26:](#)

I don't know if that is possible, even if I did, but I don't have anyone I trust to know my problem.

So block caller id and call someone up to help you make a safety plan for your trip. Guys do it all the time BH successfully.

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Re: A Massive fail

Posted by Hashem Help Me - 21 Oct 2022 10:35

[Hopeful2022 wrote on 20 Oct 2022 08:35:](#)

Heading to Eretz Israel next Sunday. It has been about 3 years since my last visit. I am going alone, without my wife and as anyone who has read my posts know, when I am away from her is when I get into trouble. I am trying to come up with a strategy for my trip. I will be alone in hotel rooms with an unfiltered cellphone and computer.

Do I just give up and admit that the two weeks I am away are going to be filled with smut and filth? That is such a disgrace to the land that I love so much. Or will HaShem give me the strength to stay clean while I am away?

If that is what you are **convinced** will happen in Eretz Yisroel, maybe just don't go.....

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Re: A Massive fail

Posted by Hopeful2022 - 21 Oct 2022 10:36

I went to that link and check out his recommendations, and I think a lot of them might help. I have a full schedule each day, and I am hoping by the end of each day, I will be so tired that I will just pass out in the room. A big reason for this trip is to reinvigorate and inspire me to live a higher and cleaner life. When I came back from Israel my last time, I came back a different person, and I am hoping for the same this time.

?Living in a non-observant area, it is extra tough to stay clean, not just from P+M but from the temptation of non-kosher food, honoring Shabbat, and many other issues. I am the "Religious" one in my extended family, and I take that responsibility seriously. I want to set an example for them to hopefully improve the quality of their own lives. Maybe I should stop worrying about them and just concentrate on me.

Thanks for the link!!

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Re: A Massive fail

Posted by Hopeful2022 - 21 Oct 2022 10:40

I wouldn't say "convinced". It is more that I am fearful that may happen. My track record alone in a hotel room isn't good.. but maybe this is the challenge HaShem is putting me into. If I come back clean from the trip, That would be the greatest motivation ever to remain clean.

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Re: A Massive fail

Posted by Hashem Help Me - 21 Oct 2022 10:45

So make a serious plan for the airport, the airplane, the hotel room, and all other challenging areas. Make a plan about being connected to your home on a regular basis, and the list goes on. Call a chaver from here to be accountable to. If necessary, block caller id... Look at your PM (private messages on the site)

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Re: A Massive fail

Posted by Hopeful2022 - 21 Oct 2022 10:46

One of my friends that I am visiting, I may be able to tell him of my struggles. We talk on Zoom every few days, but being physically with him might be an opportunity to tell him about it. He has told me about the struggles that he faces when he comes to America for business. We never discussed P+M, just about all the filth that is around here. He lives in a religious settlement in Judea and he tells me how easy it is when he is home. He will rarely travel to Tel Aviv for just

that reason.

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Re: A Massive fail

Posted by Hashem Help Me - 21 Oct 2022 11:08

Maybe call him before your arrival so you know you will be accountable from the start of your trip.

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Re: A Massive fail

Posted by Trouble - 21 Oct 2022 13:49

wish you well; wish i'd have something positive or productive to say; i was never successful with this, perhaps because no proper plan was made - too haughty, keep us posted please, you may inspire the road warriors.

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Re: A Massive fail

Posted by Kavey - 27 Oct 2022 13:18

How's it going in the Holy Land? What did you end up doing?

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Re: A Massive fail

Posted by Hopeful2022 - 27 Oct 2022 15:47

I am not leaving until after Shabbat on Sunday night. My Fig Phone arrived and is coming with me. I am looking forward to 10 spiritual, uplifting, and clean fun days and nights.

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Re: A Massive fail

Posted by Kavey - 27 Oct 2022 15:54

Nice!

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