

Chapter 2 - ??? ????? ????? ???

Posted by ??? ????? ????? ??? - 23 Aug 2022 12:52

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I started with GYE on January 22, 2020. I have had streaks of 88, 188, and 233. I have had 835 cumulative clean days in the last 944 days. Without the work that I have done, I don't think that I would even have 500 days. With the exception of a few rough patches, most of the "falls" that I have had were without pornography. In other words, in the last 944 days, I am assuming that over 900 of those days were pornography free! My biggest win has been that I have managed to, both emotionally and spiritually, size down my struggle.

Still, the work is far from over and, thanks to *Hashem*, today is a new day!

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Re: Chapter 2 - ??? ????? ????? ???

Posted by ??? ????? ????? ??? - 22 Feb 2023 04:37

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Day #27.

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Re: Chapter 2 - ??? ????? ????? ???

Posted by excellence - 22 Feb 2023 18:37

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Ur amazing!! and I mean it too!!

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Re: Chapter 2 - ??? ????? ????? ???

Posted by ??? ????? ????? ??? - 23 Feb 2023 01:14

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Day #28.

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Re: Chapter 2 - ??? ????? ????? ???

Posted by ??? ????? ????? ??? - 23 Feb 2023 03:31

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Just texted HHM:

"I have a slight urge. Cutting it off at the pass with a text and a post to GYE forum. Thanks for being there. Will text tomorrow that I was successful."

Here's my post and thank you all for being there, especially with the thank yous and replies. It means a lot!

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Re: Chapter 2 - ??? ????? ????? ???

Posted by Geshmak! - 23 Feb 2023 03:38

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Will text tomorrow that I was successful."

Amazing! Btw here's my two cents: when I usually text that I add-BHY! Like you need H's help to be successful... I'm sure your thinking that but it's good to write it out,maskim?

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Re: Chapter 2 - ??? ????? ????? ???

Posted by ??? ????? ????? ??? - 23 Feb 2023 04:17

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Love it, Geshmak!, and, yes, I agree.

Your comment made me think about something that is a piece of my struggle story. You raise an interesting theological issue and I'll write it in first person. I don't want to divorce Hashem from my efforts at keeping this mitzvah, all other mitzvos, and doing anything in life actually. For struggles--and for everything--I should pause in advance and say a prayer. But, regarding an ?????, what if I then fail [fall]? Is it because Hashem didn't help me? Can I pull the old Iyov trick and blame G-d for my shortcomings? Especially in the pre-GYE days before I was able to have

significant streaks, I would pour my heart out in the space after ???? ???? , but before ????  
????? ???? ?? asking for help in the struggle of not looking at pornography and masturbating.  
Daily. All of those falls, was it because Hashem didn't help me? Can't be. Did all of the prayers  
lead me to GYE? That is an unknown, but I guess it could be.

In my previous thread, I wrote about how being on GYE helped me minimize the struggle, in the  
sense that it doesn't define me as a person before Hashem. I do so much good and this is just a  
small blemish. After that new perspective, I stopped praying for help for this specific struggle in  
the same. Trust me, I need all the help I can get in life and keeping all of the mitzvos.

So, I appreciate the reminder, Geshmak!, that I need to continuously increase the frequency of  
which I turn my eyes Heavenward and include Hashem in my life and in this struggle.

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Re: Chapter 2 - ??? ???? ???? ???

Posted by Emes-a-Yid - 23 Feb 2023 06:06

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[??? ???? ???? ??? wrote on 23 Feb 2023 04:17:](#)

Love it, Geshmak!, and, yes, I agree.

Your comment made me think about something that is a piece of my struggle story. You raise  
an interesting theological issue and I'll write it in first person. I don't want to divorce Hashem  
from my efforts at keeping this mitzvah, all other mitzvos, and doing anything in life actually. For  
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the same. Trust me, I need all the help I can get in life and keeping all of the mitzvos.

So, I appreciate the reminder, Geshmak!, that I need to continuously increase the frequency of which I turn my eyes Heavenward and include Hashem in my life and in this struggle.

Keep on the shteighing!!!

I have recently seen someone post this after reading a couple of old forums and conversations when I had some rough time and thank the borey shel olam (hashem) that I came across this online link to this written book that I am currently in the process obviously but do feel it is very effective to bring a positive outcome! Hatzlacha Rabah, (my own opinion if you are like me and don't like reading long books- you can do what I did and get an extension for voice read aloud texts and put it at your speed. And look along!! It has helped me and very appreciative and would really want everyone to have at it because I feel as though it is a great mehalech (way) to succeed in accomplishing any struggle one may have! <http://easypeasymethod.org/easypeasy.pdf>

Bhatzlacha (with much success) on your endeavor in breaking the chain and keep the climb upwards!

?Take a glance if you'd like, may help you too! Hatzlacha!!

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Re: Chapter 2 - ??? ????? ????? ???

Posted by ??? ????? ????? ??? - 24 Feb 2023 00:06

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Day #29.

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Re: Chapter 2 - ??? ????? ????? ???

Posted by ??? ????? ????? ??? - 26 Feb 2023 04:36

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Day #31.

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Re: Chapter 2 - ??? ????? ????? ???

Posted by ??? ????? ????? ??? - 27 Feb 2023 00:13

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Day #32.

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Re: Chapter 2 - ??? ????? ????? ???

Posted by ??? ????? ????? ??? - 28 Feb 2023 00:44

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Day #33. Staying connected and accountable.

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Re: Chapter 2 - ??? ????? ????? ???

Posted by ??? ????? ????? ??? - 01 Mar 2023 01:34

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Day #34. These little day count posts make a difference. I am going through a particularly stressful time right now and I am not going to deal with it by looking at pornography and masturbating. I'm not sure that I would have the conviction and the confidence without the connection here.

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Re: Chapter 2 - ??? ????? ????? ???

Posted by Grant400 - 01 Mar 2023 02:38

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[??? ????? ????? ??? wrote on 01 Mar 2023 01:34:](#)

Day #34. These little day count posts make a difference. I am going through a particularly stressful time right now and I am not going to deal with it by looking at pornography and masturbating. I'm not sure that I would have the conviction and the confidence without the connection here.

I totally understand you.

Three things I keep in mind that helps through the tough situations.

1. I'll feel much worse after.

2. The intense desperation and craving will pass eventually, even if it takes a few days.

3. VIGOROUS shmiras einayim and preventing situations where I can easily be enticed and spiral out of control rapidly.

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Re: Chapter 2 - ??? ????? ????? ???

Posted by ??? ????? ????? ??? - 02 Mar 2023 00:27

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Day #35.

Loved seeing you pop up on my thread, Grant400. I appreciate your advice.

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