## **GYE - Guard Your Eyes**

Generated: 19 April, 2025, 09:15

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 <i>Hashem</i> , today is a new day!  |
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| Re: Chapter 2 - ??? ???? ???? Posted by ??? ???? ??? - 05 Mar 2023 12:41   |
| Day #0.  |
| I had a fall last night. I should've already considered it a fall when I broke the boundary that I wrote about in the previous post. I plan to set up some more accountability when I need to be on a computer for an extended period of time. |
| ====   |
| Re: Chapter 2 - ??? ???? ????  Posted by excellence - 05 Mar 2023 23:07  |
| Do you have web chaver?  |
| ====   |
| Re: Chapter 2 - ??? ???? ????  Posted by ??? ???? ???? - 08 Mar 2023 02:31  ———————————————————————————————————  |

Day #3. One day at a time. My goal is to keep the boundary that I set before, two posts ago. Namely, to be intentional about how I use the Internet. It is not a zone for me to hang out in. It is a tool. That's it. I have seforim and other interests offline that I should be spending my time with. On Monday morning, when I wanted to take a break from work, I looked into my chumash as opposed to looking around for anything online.

My plan is to post or text my GYE connection when I am going to be at my computer for an extended period of time for accountability. Thank you all for being there through reading my posts, thank yous and replies.

| @excellence, I don't have web chaver. I am working with Python that has particular SSL certificate specifications. I wasn't able to troubleshoot the issue with GenTech. If anyone has experience with this matter, please PM me. |
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| =======================================   |
| Re: Chapter 2 - ??? ???? ???? Posted by frank.lee - 08 Mar 2023 08:22   |
| I know people who use python and are able to get it to work with techloq. They should be able to sort out the ssl issues.   |
| Hatzlacha!  |
| =======================================   |
| Re: Chapter 2 - ??? ???? ???? ???<br>Posted by Emes-a-Yid - 08 Mar 2023 14:07   |
| Keep up the great progress!   |
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## **GYE - Guard Your Eyes**

Generated: 19 April, 2025, 09:15

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

Posted by ??? ???? ???? - 08 Mar 2023 14:32

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## frank.lee wrote on 08 Mar 2023 08:22:

I know people who use python and are able to get it to work with techloq. They should be able to sort out the ssl issues.

| Hatzlacha!   |
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| Thank you so much, frank.lee! I am going to give techloq a call. Awesome!  |
| ====   |
| Re: Chapter 2 - ??? ???? ???? Posted by ??? ???? ???? - 09 Mar 2023 00:03  |
| Day #4.  |
| =======================================                                    |
| Re: Chapter 2 - ??? ???? ????  Posted by ??? ???? ???? - 10 Mar 2023 00:01 |
| Day #5.  |
| =======================================                                    |
| Re: Chapter 2 - ??? ???? ????  Posted by ??? ???? ???? - 12 Mar 2023 02:05 |
| Day #7.  |

I resisted doing something that I did this week for a long time. I've thought about it and have done it for maybe a few hours, but never for a full day and never for a full week. This week, I was able to use the Internet intentionally. Email, other communications, and looking up specific things for whatever I was doing. No mindless browsing and clicking. I don't consider reading . I don't know what

happened locally, nationally, or internationally in the last week and I'm really okay with that. I have long thought that one of my primary triggers is when I get sucked into the web browser even for things that are not necessarily a problem. The mindlessness that happens. The lack of control and intentionality. That leads me to falls.

In my last 34 or so day streak, I had challenges. I had to use the resources available to me to overcome urges to get to day 34. This week, I didn't have any challenges. There was no news a problem, but I didn't I disconnected from the news and. I survived struggle. The boundary of not using the internet for unnecessary purposes was enough.

| But here's the thing. It's not only that I didn't look at pornography or masturbate. I was more productive at work, I learned [much] more Torah, and went to sleep earlier. I am proud of myself and I pray to Hashem that I can continue to keep that boundary one day at a time. |
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| ======================================   |
| Re: Chapter 2 - ??? ???? ???? ???<br>Posted by ??? ???? ???? ??? - 13 Mar 2023 00:34   |
| Day #8.  |
| =======================================  |
| Re: Chapter 2 - ??? ???? ???? ???<br>Posted by OivedElokim - 14 Mar 2023 04:18   |
| Keep it up, rockstar!!!  |
| ====   |

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

**GYE - Guard Your Eyes** Generated: 19 April, 2025, 09:15 Posted by ??? ???? ???? - 15 Mar 2023 00:39 Day #10. It took me a long time to fall asleep last night. Was just lying there thinking "I know a way to help me relax." Said to myself, "It's not an option." Re: Chapter 2 - ??? ???? ???? Posted by ??? ???? ???? - 16 Mar 2023 00:48 Day #11. Re: Chapter 2 - ??? ???? ???? Posted by ??? ???? ???? - 16 Mar 2023 18:41

Last night, I was up a bit later than I would've liked and I was thinking about "acting out" as it is referred to on this forum. Been spread thin the last week or two and I needed (and still need) a break. I asked myself what type of pornographic material do I want to view right now. I had no answer. Not recommending this to anyone as part of a prevention strategy, but that actually stopped me. I introduced logic and reason into the mix. I wanted a diversion. I wanted an escape. I wanted to be able to forget about my stressors. I didn't actually want to look at pornography. Called it a night and went to sleep. Still [proudly] holding by GYE day count #11.

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