

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

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

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 ??? ????? ??? - 20 Nov 2022 02:04

Day #1. It's been about 34 hours!

As you can see from the day count, I have been struggling these last few weeks. I need to stick to the plan, daily posts, daily texts, putting away unfiltered devices, etc. This past week, I actually made a breakthrough with my personal organization and structure. I hope that the combination of being more intentional with the rest of my life plus sticking to my plan will yield better results.

I have to say though... I am pretty apathetic to this struggle at this point. When I was in kollel and afterwards before I joined GYE, I was masturbating and looking at pornography a whole lot more than now. Not only the frequency, but the sessions themselves were longer. I was so ashamed of myself. I didn't know what to do. Lots of prayers. Hopes. The struggle was on my mind all the time. At this point, my struggle doesn't really take up a whole lot of mental space. My reaction to a fall is typically nothing more than a shrug of the shoulders and a comment like "that was dumb" and then I move on with my life to all of the good that I put out into the world.

My most recent resolution was 30 days of daily texts, daily posts, etc. I'm going to knock that number down to five days. Tonight is Motzei Shabbos. Five days will be Wednesday night. I posted today. I'm going to send a text after I submit this and will do the same daily.

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

Posted by ??? ????? ????? ??? - 21 Nov 2022 03:15

Day #2. Daily post.

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

Posted by ??? ????? ????? ??? - 23 Nov 2022 16:44

Struggling. When I started my current role, I was given an unfiltered laptop and unfiltered smartphone. I was worried and had discussions with the IT department to find filtering solutions. Not going to happen. I reached out for support on GYE and through text and I was able to go a full calendar year without looking at pornography -- with easily accessible unfiltered devices. Now, easy access seems to be the main issue.

The only reason I am thinking about this topic now is because I am reaching out for help, support, and accountability. Otherwise, I don't have any desire for pornography and masturbation. I rarely to never think about it during the day. I am busy with my job, family, and other interests. But at 11:00 at night or later, when I am the last one up, and I have an urge, I indulge.

I don't want to do this anymore, so I am going to resolve to do the following:

1. Daily posts.
 2. Daily texts.
 3. Lock my workbag in my car overnight.
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Re: Chapter 2 - ??? ????? ????? ???

Posted by ??? ????? ????? ??? - 25 Nov 2022 00:56

Day #2. Staying accountable.

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

Posted by ??? ????? ????? ??? - 26 Nov 2022 23:32

Day #3. Unfiltered devices are locked in my car. Staying accountable.

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

Posted by Geshmak! - 27 Nov 2022 03:03

[??? ????? ????? ??? wrote on 26 Nov 2022 23:32:](#)

Day #3. Unfiltered devices are locked in my car. Staying accountable.

A gut vuch!

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even for something else cause we know how it works go get the flash light and then once your there... so just don't go for anything till the morning...looking forward to see your happy post tomorrow that you stay strong!

but can I ask you chaver why you have such devices in your car like are you planning on selling them on Amazon ?!??

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

Posted by Emes-a-Yid - 27 Nov 2022 05:28

Also, you cannot put an Internet filter on your eyes, mind, and hands. Thinking that I am "out of the woods" because I have a filter or because I adjusted the settings on my filter has not worked for me.

Appreciate the messages you bring on the chat, I am eagerly khapping ur words geshmak!

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

Posted by Emes-a-Yid - 27 Nov 2022 05:33

I am rooting for you, B'hatzlacha Rabah. Keep it up, very impressed with your realisme you put to the table. Real contimplation and effort you have posted will bz'h affect you and also others only for the good, I am proud although it sounds weird because I don't have any kesher to you lol, but seeing the chashuvey oilam pushim and striving for gadlus is aa success on its own!

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

Posted by Geshmak! - 28 Nov 2022 00:51

Hey! What's up? How'd the night go????

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

Posted by ??? ????? ????? ??? - 28 Nov 2022 02:17

Day #5. All good. See above for explanation re: unfiltered devices. Preventing access has helped me throughout my struggle, but sometimes we have access. I have had a long stretch, as I noted above, with unfiltered devices accessible. Just have to use other methods.

~~Keep it up again I am rooting you on !!~~

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

Posted by Geshmak! - 28 Nov 2022 04:08

[??? ????? ????? ??? wrote on 28 Nov 2022 02:17:](#)

Day #5. All good. See above for explanation re: unfiltered devices. Preventing access has helped me throughout my struggle, but sometimes we have access. I have had a long stretch, as I noted above, with unfiltered devices accessible. Just have to use other methods.

Amazing! Keep it up!

Btw love your username not the ????? part... but the part you call yourself a ????! Bh u know your real value...

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

Posted by ??? ????? ????? ??? - 29 Nov 2022 00:11

Day #6. All good and staying accountable.

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

Posted by ??? ????? ????? ??? - 30 Nov 2022 00:44

Day #7. Daily post.

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

Posted by Emes-a-Yid - 30 Nov 2022 01:16

[??? ????? ????? ??? wrote on 06 Sep 2022 00:59:](#)

Malbim on the first chapter of Yehoshua. G-d tells Yehoshua in a most epic speech to *chazak v'ematz*. What are those two languages of "be strong?"

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The term *chizuk* refers to the initial surge of strength and power whereas the term *imutz* refers to the consistent determination, the unwavering quality that allows the person to continue to be strong.

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Help from on High presents according to human arrangements.

I poured my heart out to G-d time and time again asking for forgiveness and asking for help in my struggle. **The "answer" to my prayers was not the removal of my sexual urges.** The "answer" to my prayers was that I found and began **to participate in this holy online GYE community.** The "answer" to my prayers were the tools that **I could do the proper ?????? ??????????, human plans and preparations, to create a medium for G-d to present His heavenly help.**

thanks, can I get in touch with you, appreciate the chizuk, I am at 7 days too

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