

## GYE - Guard Your Eyes

Generated: 13 September, 2025, 23:00

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First time keeping track seriously  
Posted by Yitz18 - 09 Jun 2023 08:32

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Hi! I just joined Gye seriously the other day, feel free to check out my post on the introduce yourself part of the forum.

I think I will try tracking my progress here and see how it helps me.

Today is a Friday and I am in yeshiva for Shabbos, and usually fridays I am ok bc I know kedushas Shabbos is coming. Will update my process here gradually.

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Re: First time keeping track seriously  
Posted by EccentricComposer - 09 Jun 2023 14:47

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Hatzlacha Rabbah, looking forward to good news!

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Re: First time keeping track seriously  
Posted by monseyid41 - 09 Jun 2023 14:59

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Fantastic! Keep us posted!

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Re: First time keeping track seriously  
Posted by true\_self - 09 Jun 2023 16:30

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welcome to the community, we just gained another great guy here, whos looking to fight his yetzer hara.

Looking forward, and please keep us posted.

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Gut shabbos!

Re: First time keeping track seriously

Posted by wanttogrow613 - 09 Jun 2023 17:54

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Amazing, welcome! we are all on this journey together. One day at a time, one hour at a time.

Good Shabbos!

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Re: First time keeping track seriously

Posted by Yitz18 - 11 Jun 2023 05:44

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So far Friday and Shabbos have been successful. I did glance at a very pretty girl a few times at the Shabbos seudah but I am working on controlling that. However those are usually my easiest day- today is the start of the real challenge. Also, I accidentally put some of the wrong information into my 90 chart so to clarify, currently holding by first 2 days clean.

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Re: First time keeping track seriously

Posted by EccentricComposer - 11 Jun 2023 13:16

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Very good, great to hear! It sounds like you're putting in tons of effort. I think there's a way to fix up the 90 day chart, but I don't know exactly. Can't wait to hear more!

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Re: First time keeping track seriously

Posted by Yitz18 - 11 Jun 2023 21:05

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Ok Sunday was a success: was a bit tired so that gave me some urges but was ok. Enjoyed

watching some of the fortify videos.

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Re: First time keeping track seriously  
Posted by Yitz18 - 12 Jun 2023 22:09

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Day 4 successful so far. No major nisyonos- I realize that I am most prone to tayvos when I am tired, and sometimes when my stomach hurts.

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Re: First time keeping track seriously  
Posted by true\_self - 13 Jun 2023 08:54

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[Yitz18 wrote on 12 Jun 2023 22:09:](#)

Day 4 successful so far. No major nisyonos- I realize that I am most prone to tayvos when I am tired, and sometimes when my stomach hurts.

Great! Keep on going, one day at a time....

Would you explain what you mean that you have tayvos when your stomach hurts...?

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Re: First time keeping track seriously  
Posted by Yitz18 - 13 Jun 2023 20:45

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5th day successful so far. Looked at an attractive girl but working on that. Tznius girls are sometimes harder for me. Still have some time left in the day though, iyH will go smoothly.

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Re: First time keeping track seriously

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Posted by true\_self - 13 Jun 2023 21:47

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Great to hear that you are doing well.

I suggest you to use the success tracker to update your streak daily, it will give you an extra push, and let your friends on the forum see your progress, which will both, inspire them, and get you kind of accountability.

Keep on climbing and sharing your wins (and slips, if they c"v occur).

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Re: First time keeping track seriously  
Posted by Yitz18 - 14 Jun 2023 22:15

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Just reached a week clean! Zman in my yeshiva ends soon and I fly home on Sunday- I am at home for 10ish days until I go to a summer kollel. Hopefully I can be strong during that short bein hazmanim.

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Re: First time keeping track seriously  
Posted by richtig - 14 Jun 2023 23:25

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Just reached a week clean! Zman in my yeshiva ends soon and I fly home on Sunday- I am at home for 10ish days until I go to a summer kollel. Hopefully I can be strong during that short bein hazmanim. Mazel tov!!!

If you have been able to connect with someone on GYE this might be a good time to be kovea a text or two every day about how the day is going, or better yet, a phone call. If you haven't found someone yet, this would be a good time to take the leap. Good Luck!

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Re: First time keeping track seriously  
Posted by richtig - 14 Jun 2023 23:31

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Mazel tov!!!

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