

No Despair Allowed

Posted by ??? ????? ????? ??? - 23 Jan 2024 03:30

---

Straight and to the point:

- I joined GYE four years ago. Through GYE and a few other factors, I was able to avoid my wife's unfiltered computer and phone and I successfully had over 230 days free of masturbation and pornography. A year and a half later, I found myself with an unfiltered work computer and work phone. While I was able to resist temptation for several more months, I ended up falling. Over the last two years, regrettably, I have not able to go longer than a few weeks, maybe a month, without masturbation and sometimes even pornography.
- Although I have not been active on this forum, I have been in touch with @Hashem Help Me through text and the occasional phone call. While that has been very helpful, I tend to be ????? ???, get complacent, and be out of touch.
- I want to recommit myself to these ?????? matters. I can't do it alone. I need help.

In the past, my posting and activity on this forum has helped me and I hope that, in turn, my story and my commitment to changing my behavior can help and inspire others.

Thank you for reading this post.

Day #1

=====

=====

Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 09 Jun 2024 13:42

---

Good morning, everyone.

20 days of clean eyes.

Day #3

=====

=====

Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 10 Jun 2024 13:06

---

Good morning, all.

**21 days or three weeks** pornography free!

**Day #4**

Wishing all of you a *gut yontif!*

=====

=====

Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 14 Jun 2024 02:42

---

25 days pornography free.

Day #8

=====

=====

Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 16 Jun 2024 02:16

---

??? ???, everyone!

**27 days** pornography free.

**Day #10**

=====

=====

Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 17 Jun 2024 11:56

---

Good morning, everyone.

**28 days** pornography free.

**Day #11**

=====

=====

Re: No Despair Allowed

Posted by Muttel - 17 Jun 2024 13:20

---

Wow, I greatly respect your persistence here, just seeing your thread for the first time...

Here's wishing you tremendous Hatzlacha and Bracha in running both counts as high as the sky!

Muttel

=====

=====

Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 18 Jun 2024 13:45

---

Good morning, everyone.

**29 days** pornography free.

**Day #12**

=====

=====

Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 19 Jun 2024 11:34

---

Good morning, all. My children are home with me during work this week. That changes up the routine and basically takes away all nisayon for P&M during the day.

**Day #13**

=====

=====

Re: No Despair Allowed

Posted by kohelp613 - 19 Jun 2024 12:48

---

[??? ????? ????? ??? wrote on 23 Jan 2024 03:30:](#)

Straight and to the point:

- I joined GYE four years ago. Through GYE and a few other factors, I was able to avoid my wife's unfiltered computer and phone and I successfully had over 230 days free of masturbation and pornography. A year and a half later, I found myself with an unfiltered work computer and work phone. While I was able to resist temptation for several more months, I ended up falling. Over the last two years, regrettably, I have not able to go longer than a few weeks, maybe a month, without masturbation and sometimes even pornography.
- Although I have not been active on this forum, I have been in touch with @Hashem Help Me through text and the occasional phone call. While that has been very helpful, I tend to be ????? ???, get complacent, and be out of touch.

- I want to recommit myself to these ????? matters. I can't do it alone. I need help.

In the past, my posting and activity on this forum has helped me and I hope that, in turn, my story and my commitment to changing my behavior can help and inspire others.

Thank you for reading this post.

Day #1

big yashar koach

=====

Re: No Despair Allowed

Posted by kohelp613 - 19 Jun 2024 12:48

---

[??? ????? ????? ??? wrote on 19 Jun 2024 11:34:](#)

Good morning, all. My children are home with me during work this week. That changes up the routine and basically takes away all nisayon for P&M during the day.

**Day #13**

baruch Hashem - brings massive yeshuas to all

=====

Re: No Despair Allowed

Posted by kohelp613 - 19 Jun 2024 12:50

---

Number 1 is perfect internet filters bshleimus - no cutting corners. There is no way around this, and it is stam basic halacha. This is not chumras - this is a shulchan aruch yid's basic stam requirement. That's step one. I have struggled with the *practical* side of this for half a decade -

I finally figured it out. If you struggle in this department on practically setting up working filters while still utilizing internet for what you *need* - then I can help there. One thing to look forward to on this one is that besides keeping halacha and bringing mashiach (because it is known from real living tzaddikim today that turning away from all rishus on the internet brings mashiach) and hugely and massively elevating your kedusha instantly, you also get to separate and be poresh from all the terrible distractions that everyone is sickeningly addicted to their smart phones etc and social media - you get to be FREE from that *also*.

=====

Re: No Despair Allowed

Posted by BenHashemBH - 19 Jun 2024 13:11

---

[kohelp613 wrote on 19 Jun 2024 12:50:](#)

Number 1 is perfect internet filters bshleimus - no cutting corners. There is no way around this, and it is stam basic halacha. This is not chumras - this is a shulchan aruch yid's basic stam requirement. That's step one. I have struggled with the *practical* side of this for half a decade.

I got a filter and at times it definitely appears to be a hinderance. I say appears because nothing that you do for the right reasons will actually cause you to lose out. Darcheha darchei noam. When the filter effects my "normal" use I smile and say Hashem this one's for You. Thank You for sending me more schar for something I already did.

=====

Re: No Despair Allowed

Posted by kohelp613 - 19 Jun 2024 20:24

---

[BenHashemBH wrote on 19 Jun 2024 13:11:](#)

[kohelp613 wrote on 19 Jun 2024 12:50:](#)

Number 1 is perfect internet filters bshleimus - no cutting corners. There is no way around this, and it is stam basic halacha. This is not chumras - this is a shulchan aruch yid's basic stam requirement. That's step one. I have struggled with the *practical* side of this for half a decade.

I got a filter and at times it definitely appears to be a hinderance. I say appears because nothing that you do for the right reasons will actually cause you to lose out. Darcheha darchei noam. When the filter effects my "normal" use I smile and say Hashem this one's for You. Thank You for sending me more schar for something I already did.

i hear as far as the hinderances but overall the benefits out weight the hinderances

like i said it is brought by living tzaddikim that first of all it is stam halacha not just chumras

and second by keeping this halacha we literally bring mashiach - the idea goes that there is a plugta in sanhedrin if mashiach comes via teshuva or not... one rav says yes, one no. the answer is it is no stira - on the one hand, we don't "do" anything but look away - so that's not even a maaseh really in that sense. but on the other hand - ALL the sins of ALL TIME are on the internet collected there - so by looking away, our dohr has the potential to fix up ALL SINS OF ALL TIME, thus doing teshuva for everyone ever, and bringing mashiach. it is a jaw dropping idea and it makes total sense. suddenly a person can see the amazing opportunity of really really putting up perfect filters b tachlis ha shleimus

=====

Re: No Despair Allowed

Posted by ??? ????? ???? - 20 Jun 2024 13:37

---

Wishing everyone a wonderful day!

No 'P' Streak: **31 days**

No 'M' Streak: **14 Days**

=====