

No Despair Allowed

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

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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

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Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 12 Jul 2024 13:30

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Good morning, all. I had an 'M' fall since last update. Over 50 days 'P' free. Woo!

Have a great Shabbos.

No 'P' Streak: **53 days**

No 'M' Streak: **2 Days**

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Re: No Despair Allowed

Posted by BenHashemBH - 12 Jul 2024 13:44

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Way to stay positive and keep on pushing!

Hatzlacha

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Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 15 Jul 2024 15:12

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Good morning, all. Taking it day by day.

No 'P' Streak: **56 days**

No 'M' Streak: **5 Days**

Hope you have a great Shabbos as well

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Re: No Despair Allowed

Posted by oivedelokim - 15 Jul 2024 20:37

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Wow, keep it up brother!

All the best,

OivedElokim

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Re: No Despair Allowed

Posted by proudyungerman - 23 Jul 2024 16:39

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How's it goin', buddy?

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Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 24 Jul 2024 19:11

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I'm still here, @proudungerman. I didn't fall off the planet.

I had some struggles over the last week, but I am already on my way to the bright and holy light at the end of the tunnel. Last week, I had a fall on a day where I got very little sleep the night before. Last night, I knew I was going to be up late, so I texted a GYE chaver as a preventative measure. "I am going to be up later than usual tonight. I'm aware that when I am tired, I struggle." So far, so good, on my path to day two.

I was moved by a line in the selichos yesterday:

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That is referencing how the perpetrators of the ??? didn't wait for Moshe Rabbeinu to come down at the sixth hour (see Chazal on ???), and because of that the ??? were smashed. What moved me is that it is in first-person. If I only would've waited just a little longer, none of this would've happened.

**Day #1**

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Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 25 Jul 2024 14:29

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Daily post

**Day #2**

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Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 26 Jul 2024 12:37

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Daily post.

**Day #3**

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Re: No Despair Allowed

Posted by feelinghurt - 26 Jul 2024 17:27

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Wow ??? ????? ????? ???, I'm so impressed with your dedication! And I like the topic name of "No Despair Allowed" - I wished I knew how important that was long ago, but I didn't, and that's really why today I'm often "Feeling Hurt".

had some struggles over the last week, but I am already on my way to the bright and holy light at the end of the tunnel.

I love your optimism too... whenever there's a light at the end of tunnel I assume it's on  
Keep giving us chizuk!

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Re: No Despair Allowed

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Posted by redfaced - 26 Jul 2024 18:37

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[feelinghurt wrote on 26 Jul 2024 17:27:](#)

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Keep giving us chizuk!

oncoming train...

I was taught that the light at the end of tunnel means NY .... worse than a train!!

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Re: No Despair Allowed

Posted by kavey - 02 Aug 2024 13:34

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Wow you really are your username. For me it can be very hard to get up after a fall.

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Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 15 Aug 2024 16:37

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No despair allowed, rabosai. No despair allowed.

## Day #9

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Re: No Despair Allowed

Posted by Muttel - 15 Aug 2024 21:51

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Is this P or M?

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Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 15 Aug 2024 23:20

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All of the above.

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