

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

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Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 21 May 2025 12:50

Hello, all.

Unstructured computer use is my struggle and it can lead to urges and falls. I came home late last night and, instead of winding down in front of my computer, I davened maariv and learned. That is a big deal for me.

Day Count: 14 Days

Cumulative Count: 1647 Days

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Re: No Despair Allowed

Posted by alex94 - 21 May 2025 14:53

[??? ???? ???? ??? wrote on 21 May 2025 12:50:](#)

Unstructured computer use is my struggle and it can lead to urges and falls. I came home late last night and, instead of winding down in front of my computer, I davened maariv and learned. That is a big deal for me.

As someone who struggled with unstructured and [supposed to be] structured computer use for years, I urge you to make a even bigger deal about your achievement. The twisted "magnetism" of the computer is incredibly hard to fight, especially when tired.

KOMT!

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Re: No Despair Allowed

Posted by ??? ???? ???? ??? - 22 May 2025 13:11

[alex94 wrote on 21 May 2025 14:53:](#)

As someone who struggled with unstructured and [supposed to be] structured computer use for years, I urge you to make a even bigger deal about your achievement. The twisted "magnetism" of the computer is incredibly hard to fight, especially when tired.

KOMT!

Thanks, @alex94.

Friends,

Please understand that the work that I have done to slowly become less reliant on computer/Internet use as a way to wind down or spend free time has not happened in the last 15 days. The discovery, reflection, brainstorming, and work has happened over the last 5 years, but more specifically in the last 6 months. Never think that because you had a 'fall' you must not have made any progress.

Day Count: 15 Days

Cumulative Count: 1648 Days

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Re: No Despair Allowed
Posted by ??? ????? ????? ??? - 23 May 2025 12:18

Hello, everyone. I wish you all a good Shabbos.

Day Count: 16 Days

Cumulative Count: 1649 Days

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Re: No Despair Allowed
Posted by ??? ????? ????? ??? - 27 May 2025 13:22

Good morning, all.

I had several urges over the long weekend. Reached out to some accountability partners and continued to overcome the struggle. Last night, however, I was not able to sleep and, very late

last night, I had an 'M' fall. I'm disappointed in myself, but even more proud of myself for saying no to 'P'. Prayers to Hashem that I--and all of us--should have the strength to overcome the struggle today

Day Count: 1 Day

No 'P' Count: 20 Days

Cumulative Count: 1652 Days

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Re: No Despair Allowed

Posted by ??? ???? ???? ??? - 28 May 2025 14:18

Good morning, all.

I had a fall yesterday. A post-fall fall. An aftershocks fall, if you will.

I have my guard back up and I am looking forward to 20 days and beyond.

Day Count: 1 Day

Cumulative Count: 1652 Days

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Re: No Despair Allowed

Posted by ??? ???? ???? ??? - 29 May 2025 15:14

Good morning, all.

I had an 'M' fall last night. Meh.

No despair allowed and bl'n I will keep reaching out to my accountability chaverim and posting here to keep accountability.

Day Count: 1 Day

No 'P' Count: 2 Days

Cumulative Count: 1652 Days

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Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 30 May 2025 13:08

Good morning, all.

Meh. Had another 'M' fall yesterday. On the bright side, however, there was no 'P'.

Over the last year or so, I started doing something which is crude, but also helpful. When I see something/someone that causes me ????????, I say the ?????? out loud (obviously, to myself only, but still out loud). For example, "I'd like to..." Crude/?????? ?? for obvious reasons. Helpful because I get the ?????? out of my head and can move on right away.

Last night, my young son woke me up in the middle of the night and I helped him back to bed. When I was trying to go back to sleep, I thought of something and started saying, "I'd like to," but I stopped myself and changed it to, "I'd like to bring ??? ??? to the ?????? ?? ?????."

Wishing everyone a good Shabbos and a good yontif.

Day Count: 1 Day

No 'P' Count: 3 Days

Cumulative Count: 1652 Days

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Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 04 Jun 2025 13:01

Good morning, all. Hope you had a meaningful Shavuos.

Posting for accountability. Keeping my guard up. Avoiding time-wasting browsing today.

Day Count: 6 Day

No 'P' Count: 8 Days

Cumulative Count: 1657 Days

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Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 05 Jun 2025 13:17

Good morning, everyone.

Posting for accountability. Prayers to Hashem for continued assistance overcoming P&M urges.

Day Count: 7 Day

No 'P' Count: 9 Days

Cumulative Count: 1658 Days

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Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 16 Jun 2025 14:14

Hello, all.

I struggled last week. I had a big stressor the weekend before and, while that is of course no excuse to indulge in P&M, I was not able to overcome the struggle. As our great mentor HHM often says, I used P&M as a 'pacifier'.

Big shoutout to @Kavey. He encouraged me offline to 'get it together'.

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For life's struggles, we often need someone else to help us get out of it.

I have committed myself, bl'n, to no leisurely Internet use when no one else is around or awake (unless it is music or some audio that I can have in the background).

Prayers for our success today and always.

Day Count: 4 Days

Cumulative Count: 1664 Days

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Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 17 Jun 2025 12:34

Good morning.

All good yesterday. I avoided leisurely Internet use and did not have any urges for P&M. As I've shared earlier, those urges usually come about only because of time-wasting/leisurely Internet use.

Not letting my guard down. Here's to another clean day for all of us.

Day Count: 5 Days

Cumulative Count: 1665 Days

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Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 18 Jun 2025 12:35

Good morning, all.

With gratitude to Hashem, I had a clean day yesterday. Here's to another one. One day at a time.

Day Count: 6 Days

Cumulative Count: 1666 Days

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Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 19 Jun 2025 15:10

Checking in with a quick day count post.

Day Count: 7 Days

Cumulative Count: 1667 Days

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