

**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 ??? ????? ????? ??? - 21 May 2025 12:50

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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

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[??? ???? ???? ??? 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 ??? ???? ???? ??? - Yesterday 13:11

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[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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