

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 ??? ???? ???? ??? - Yesterday 14:23

Good morning, all.

Sadly, I gave into the struggle and had an M fall last night. Oh well. Clean eyes though.

Sticking to my gedarim regarding leisurely Internet use when no one is around. Not going to get into a rut again.

Day Count: 0 Days

No 'P' Count: 11 Days

Cumulative Count: 1670 Days

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Re: No Despair Allowed

Posted by lamaazavtuni - Yesterday 18:25

Love the two counts !! It helps keep us in perspective that it's not all or nothing!

Your friend lamah!

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