

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 ??? ????? ????? ??? - 15 Jul 2025 13:13

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Good morning, all.

The main difference between this current attempt is that I am firm about my *geder* to refrain from leisurely Internet use when I am alone. That means no news, no LinkedIn feed, no topics of interest, and no videos. I am not forbidding myself from ever checking any of that out. Just not while I am alone. When I do so, alone, I let my guard down. I start seeing images that are triggering or I get comfortable in a familiar space of searching to find whatever is on my mind. It doesn't mean that I automatically will search for pornography, but it is almost always the first step towards pornography.

Because of this shift, I have gained 33 days free of pornography. I have been far more productive at work. I have been able to complete more chores around the house. I have been more consistent with exercise, lost weight, and am more toned. I feel closer to G-d.

**Day Count:** 21 Days

**No 'P' Count:** 33 Days

**Cumulative Count:** 1691 Days

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Re: No Despair Allowed

Posted by davidt - 15 Jul 2025 15:27

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[??? ???? ???? ??? wrote on 15 Jul 2025 13:13:](#)

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Congratulations on reaching 33 days - that's a significant milestone that shows real strength and commitment! Your insight about the connection between leisurely internet use and vulnerability is incredibly valuable. Recognizing that pattern and taking decisive action to break it demonstrates genuine self-awareness and wisdom.

The ripple effects you're experiencing - increased productivity, better physical health, spiritual connection, and accomplishment in daily tasks - are powerful reminders of how this one change can transform multiple areas of life. Your approach of not completely forbidding yourself but setting clear boundaries around when and how you engage shows a mature, sustainable strategy.

Keep building on this momentum. Each day you're proving to yourself that you have the strength to make difficult but important choices. Your future self will thank you for the discipline you're showing today. Stay strong!

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Re: No Despair Allowed

Posted by ??? ???? ???? ??? - Yesterday 19:04

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Hello, all.

Grateful for another clean day. As noted, this streak feels different for me. When I had a 233-day streak three years ago, while I avoid P&M, I still basically had unbridled Internet use. This time, I actually made a significant lifestyle change. Grateful.

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