

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 hashemisonmyside - 29 Jul 2025 16:28

just continue, even small baby steps as long as it's in the right direction!!

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Re: No Despair Allowed

Posted by ??? ???? ???? ??? - 30 Jul 2025 14:35

Hello, all.

I am grateful to Hashem for another day clean of pornography and masturbation. Here's to another!

Day Count: 36 Days

No 'P' Count: 48 Days

Cumulative Count: 1706 Days

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Re: No Despair Allowed

Posted by ??? ????? ????? ??? - Yesterday 13:09

Good morning, all.

I am grateful for another day free of pornography and masturbation. I thought about masturbation last night. I wouldn't really call it a struggle. It was more like, 'should I?... ... No.' The end. Part of the reason it was so easy to say 'no' is because I continue to post here on this forum, count my days free of masturbation, and communicate with accountability partners.

Day Count: 37 Days

No 'P' Count: 49 Days

Cumulative Count: 1707 Days

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Re: No Despair Allowed

Posted by ??? ????? ????? ??? - Today 12:44

Hello, all.

I am grateful to Hashem for another day clean of pornography and masturbation. Fifty days without pornography! Prayers for a meaningful and intentional Shabbos and Tisha B'av and ????? ????? for continued courage to stay clean and free of unwanted sexual behaviors.

Day Count: 38 Days

No 'P' Count: 50 Days

Cumulative Count: 1708 Days

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