

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 ??? ????? ????? ??? - 04 Sep 2025 16:18

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Hello, all.

I am happy and proud to report another day clean and free from pornography and masturbation.

I am making progress in my efforts to curb my Internet/screens use/dependency. I turned off my phone last night, kept it in my office, and didn't turn it on until after 8:00 this morning, which was after my learning, davening, exercise, and seeing some of my family out the door for the day. I

removed many apps from my phone as well.

I still don't have a good concrete plan for curbing time spent on my computer, but my concentration on the topic and my efforts with my phone have significantly decreased my needless computer use.

Again, this is the issue for me. I have no desire to view pornography or masturbate. It only happens when I get into that posture of mindlessly consuming Internet. Sometimes I see something that causes an urge. Sometimes I have an urge simply because I am in that mode.

**Day Count:** 12 Days

**Cumulative Count:** 1741 Days

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Re: No Despair Allowed

Posted by ??? ???? ???? ??? - 08 Sep 2025 12:18

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Good morning, all.

I am grateful for a weekend free of pornography, masturbation, and Internet as a default.

**Day Count:** 16 Days

**Cumulative Count:** 1745 Days

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Re: No Despair Allowed

Posted by ??? ???? ???? ??? - Yesterday 15:16

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Hello, all.

I am grateful to Hashem for a week clean and free from masturbation and pornography.

I think this deserves more than a line or two in a post, but I was thinking yesterday that my P&M use is an unhealthy way of dealing with a deep sense of loneliness. Obviously, P&M doesn't cure loneliness and then the struggle associated with not being able to control those unwanted sexual behaviors is a lonely struggle, which only further compounds the effects. Accountability partners are helpful for a variety of reasons, but one of them is that they ensure that one doesn't go through the struggle alone.

**Day Count:** 20 Days

**Cumulative Count:** 1749 Days

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