

Starting my own path

Posted by ShtetlMan - 16 Jun 2024 17:40

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Hello guys, I've joined the GYE community not so long ago but decided to give myself the 90 days clean goal BzH. So I'm at 6 days clean today BH and hope I will make it!

I didn't dare telling my story yet but maybe I should. I don't know what would be the benefits.

If anyone has some advice to be more "efficient" in my trip...

See you soon !

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Re: Starting my own path

Posted by ShtetlMan - 17 Jun 2024 13:48

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You guessed quite well, I filtered my devices cause Im the more "frum" of the family, while they don't even want to hear about filters. A webChaver cant be an option I think, they wouldn't like someone else to know everything they do...

To me, the morst useful solution would be the knas but it never worked (I've already tried many times and never gave the amount to tzedaka).

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Re: Starting my own path

Posted by ShtetlMan - 17 Jun 2024 13:52

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[Muttel wrote on 17 Jun 2024 13:23:](#)

Ouch, I know all about it.... I really feel for you brother.....

I nudged the owner of the device to filter - but it was difficult because I was too ashamed to explain why..... Can you pitch that they need to protect their kids or others? that's what I did.....

Wishing you much love from afar,

Muttel

I dont think I can but your messages made me really hopful!

You know sometimes it just feels like you're the only one to have that kind of problems.

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Re: Starting my own path

Posted by redfaced - 17 Jun 2024 14:05

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[ShtettlMan wrote on 17 Jun 2024 13:52:](#)

[Muttel wrote on 17 Jun 2024 13:23:](#)

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I dont think I can but your messages made me really hopful!

**You know sometimes it just feels like you're the only one to have that kind of problems.**

This is unfortunately one of the more successfull tactics that the yetzer hora uses. GYE has 30k + users who signed up . and thats only the people who were courageous enough. there are

plent more out there

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Re: Starting my own path  
Posted by ShtettlMan - 17 Jun 2024 14:13

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I dont know how to thank everyone here because I've always felt lonely in that fight. It's the first time in my life (7 days clean) that I talk about it, I discussed about p&m with friends of mine and listened to their problems, but never dared talking about mine.

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Re: Starting my own path  
Posted by redfaced - 17 Jun 2024 14:21

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[ShtettlMan wrote on 17 Jun 2024 14:13:](#)

I dont know how to thank everyone here because I've always felt lonely in that fight. It's the first time in my life (7 days clean) that I talk about it, I discussed about p&m with friends of mine and listened to their problems, but never dared talking about mine.

Take your time and get comfortable. We're good people

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Re: Starting my own path  
Posted by happyid1 - 17 Jun 2024 19:38

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There's just one point that Im not clear with: how am I supposed to do if I generally fall but with other people's devices?

Welcome to the family! 7 Days is HUGE! What I have done in the past is to ask them to change the password to the device because I end up wasting time. This way you don't admit you're looking at inappropriate things, you're coming from a different view-its just wasting time looking

for good deals, checking the news, etc. Obviously a filter is better but at least this is a start.  
Hatzlacha! Keep us posted

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Re: Starting my own path  
Posted by ShtetlMan - 17 Jun 2024 21:01

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[happyid1 wrote on 17 Jun 2024 19:38:](#)

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Hatzlacha! Keep us posted

This sounds doable. Thank you!

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Re: Starting my own path  
Posted by JARES90 - 18 Jun 2024 01:31

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7 clean days is huge achi!!!!

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Re: Starting my own path  
Posted by JARES90 - 18 Jun 2024 01:32

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lol I just used this method for my family computer. Bh worked

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Re: Starting my own path

Posted by ShtetlMan - 18 Jun 2024 06:38

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[JARES90 wrote on 18 Jun 2024 01:31:](#)

7 clean days is huge achi!!!!

bH, thank you, it really gave me a chizuk for the day!!

Today is 8th day and hope it will be clean bsd

Yesterday I had urges but did not fall (surely due to the messages I got thank you all!!)

I think Imma do like Ive seen on different threads and keep updates daily or weekly here.

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Re: Starting my own path

Posted by ShtetlMan - 18 Jun 2024 13:26

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Idk if it helps anyone here but it for sure helps me. Today is very a rough day in inyanei kedoucha, with many "slipped moment" (looking at inappropriate images I try to fix their accessibility with the filter guy but he does not answer...).

I try my best not to watch p\* and not to m\*. bezH it will work!

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Re: Starting my own path

Posted by ShtetlMan - 18 Jun 2024 14:13

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Ended up with a fall : p&m

I dont know how to react, what can I do to improve and to start it all again. If anyone can Help me...

Should I go again for the 90 clean days ? Or start with a lower goal? If I take a lower goal, what happens after I hit it, I can't say to myself like "after x days you'll do it", it doesnt make sense

And how do I restart the streak days?

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Re: Starting my own path

Posted by BenHashemBH - 18 Jun 2024 14:38

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[ShtettlMan wrote on 18 Jun 2024 14:13:](#)

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And how do I restart de streak days?

You had good awareness and you'll make adjustments and keep working on it!

One day at a time. The idea of counting days and having a limited goal is to help motivate you in short-term successes. This does not mean that you are done after say 30 days - you keep building on that. But now is not the time to think that far ahead. The long-term change will be created when you stack up all your shorter-term goals. Like a fitness plan, you don't get up one day and start training for a 26-mile marathon. You start with 1 mile, then 2, etc. Each time you hit your achievable goal you raise the bar. Control your breathing better, improve your nutrition, refine your stride, increase your endurance, and push farther. The progress is in the steps.

Keep the focus on today and not the what-ifs of the future. If I look too far ahead, I might frustratingly keep tripping over what I don't see right in front of me. One foot and then the other

will get you to your destination. Hatzlacha!

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Re: Starting my own path

Posted by redfaced - 18 Jun 2024 14:38

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Your goal for today should always be today. And if that goal seems high- your goal for now should be now.

Right now I can get past whatever urge I have.

ONE DAY AT A TIME

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You can do it

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