

GYE - Guard Your Eyes

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Holy In Jerusalem

Posted by stopsurvivingstartliving - 24 Jul 2024 20:58

As a single bochur in Yerushalayim I hope to go for 90 days M-Free. Bh regarding porn I am by day 47 but because M is my main struggle right now I want to have this thread just for M.

Today if I bez"h pass it will be day one I still have to withstand an hour or 2 including a shower. I ask hashem to give me help through this challenge and through this i can grow in totah avoda and yiras shamayim.

I wish to STOP SURVING & START LIVING.

PS special shout out to HHM who it turns out months ago when I reached out to GYE and they hooked me up with a pro and maiven to talk to it was him, and he's been supporting me since. Keep it up HHM, keep helping klal yisroel.

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Re: Holy In Jerusalem

Posted by pinny1 - 23 Aug 2024 05:59

[stopsurvivingstartliving wrote on 24 Jul 2024 20:58:](#)

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Mamash a gevald

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Re: Holy In Jerusalem

Posted by pinny1 - 23 Aug 2024 06:01

[Muttel wrote on 26 Jul 2024 08:29:](#)

So impressive to see a real fighter join our ranks at a young age! You're mighty fortunate to take the damned beast on now!

Hashem has sent you the best of the best to be your support system!

Keep leaning on HHM, Yiftach, and Redfaced and you'll surely go very far!

With much brotherly love,

Muttel

Red faced? A major chilul hashem

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Re: Holy In Jerusalem

Posted by pinny1 - 23 Aug 2024 06:07

[stopsurvivingstartliving wrote on 23 Aug 2024 01:11:](#)

It's been a bumpy day 5 and 6 but I am happy to say I made it through without M. Whatever the cause of the bumps were I am proud that I got rid of the gorem (hopefully!). Regarding P yesterday was day 21 clean.

Very proud of you . What were the bumps you

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Re: Holy In Jerusalem
Posted by stopsurvivingstartliving - 23 Aug 2024 15:48

6:45 on friday. A few minutes to shabbos. So far today was Clean. Last Friday night I had a fall, today I hope to stay clean. The trigger from last week isn't around for this week so hope to do it. Good Shabbos!

Edit: Day 7 Friday clean. Yay! A whole weak without M. Hope to pull through going forward.

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Re: Holy In Jerusalem
Posted by stopsurvivingstartliving - 25 Aug 2024 04:58

Shabbos day 8 Clean. It was around now that I fell in my past streaks. Hope to stay strong!

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Re: Holy In Jerusalem
Posted by yitzchokm - 25 Aug 2024 14:54

From reading your thread I see that you aren't doing the Flight to Freedom program. This is probably part of your problem. The program is a mix of virtual videos and a speaker that will rewire your brain and give you the practical tools to win. Towards the beginning of the program there is an exercise of three questions to answer; what is bothering me with my current behavior, what are the worst things that will happen to me if I continue my current behavior and what are the best things that will happen to me if I change my behavior. It should fill up a few pages to answer these questions properly and they should also include many things about your day to day life that aren't spiritual. In addition there is a core values exercise where you choose at least 5 core values that are important to you. Almost all of them don't have to do with yiddishkeit. It is because you didn't do these exercises that you are torn between your desire which is still what you really want and the theoretical spiritual importance of being clean. After doing these exercises you will probably really want to be clean and your desire to fall will only be static that is trying to distract your true desire and want to be clean.

Another tool from the program is acknowledging your cues, meaning situations, emotions and feelings that are your triggers for a fall. Once you recognize the triggers you can choose tools from the toolbox for each trigger so you don't fall. In addition the program teaches how to deal with setbacks so that you pick yourself up right away instead of it leading to more falls.

This is just the tip of the iceberg. There is much more to the program. It is really worth doing it and absorbing every word. I spent many hours doing it and I took notes and summarized everything. Even if you don't take notes make sure to absorb every word. It can be a life changer.

Start with this and hopefully it will change the chessboard for the better. All the best.

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Re: Holy In Jerusalem
Posted by stopsurvivingstartliving - 26 Aug 2024 09:29

Day 9 clean.

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Re: Holy In Jerusalem
Posted by stopsurvivingstartliving - 26 Aug 2024 22:41

Day 10 bchasdei hashem Clean.

Warning: Spoiler!

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Re: Holy In Jerusalem

Posted by Muttel - 27 Aug 2024 10:11

[stopsurvivingstartliving wrote on 26 Aug 2024 22:41:](#)

Day 10 bchasdei hashem Clean.

Warning: Spoiler!

Definitely a challenge in your neck of the woods....

I know how every stone on every Jerusalem street looks.... And I still saw too much.... Just avoid second looks and try your best, brother!

With hopes for you to see the benefits of challenge,

Muttel

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Re: Holy In Jerusalem

Posted by ezraw - 27 Aug 2024 10:18

[stopsurvivingstartliving wrote on 26 Aug 2024 22:41:](#)

Day 10 bchasdei hashem Clean.

Warning: Spoiler!

Hashem sees how hard you are trying and loves you for it!

Remember, he doesn't expect you to be perfect, all he want's is for you to do your best.

Not only that, but from my experience, the longer I fight (using the tools at my disposal) the easier it gets.

So hang in there! we're all rooting for you!

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Re: Holy In Jerusalem
Posted by stopsurvivingstartliving - 28 Aug 2024 22:14

Day 11 and 12 Clean.

Yesterday was a bit surprising that I stayed clean due to the fact that I was alone and bored all day (tbh I didn't have much urges).

Today I was quite busy all day so didn't have time for anything.

Regarding P today is day 28! Completing 4 whole weeks!

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Re: Holy In Jerusalem
Posted by stopsurvivingstartliving - 29 Aug 2024 22:38

Day 13 Clean.

The past 2 weeks which I was clean I had fully packed scheduled days. Moving forward (at least till the new zman starts) I do not have much to do. I hope to stay strong and be able to fight the battle I am about to face!

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Re: Holy In Jerusalem
Posted by stopsurvivingstartliving - 31 Aug 2024 18:58

Friday day 14 Clean. Making me clean from M 2 weeks!!! Longest streak I've had for a while!

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 01 Sep 2024 09:49

Shabbos day 15 Clean. Saw some pics on a news site that were defiantly lust-driven but nothing to count as a fall.

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