

GYE - Guard Your Eyes

Generated: 11 April, 2025, 00:13

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 hopefulswan89 - 01 Sep 2024 10:01

[stopsurvivingstartliving wrote on 16 Aug 2024 00:58:](#)

Day 1 clean. Had a great day, would love to elaborate but its almost 4 am.

Ps its poshut to me if I would have carried yesterday's fall with me today I would have fell again.

Good night.

Please elaborate

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Re: Holy In Jerusalem

Posted by hopefulswan89 - 01 Sep 2024 10:07

[stopsurvivingstartliving wrote on 31 Aug 2024 18:58:](#)

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

Keep it up! How are you doing with p

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Re: Holy In Jerusalem
Posted by stopsurvivingstartliving - 01 Sep 2024 10:10

31 days Clean on P.

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Re: Holy In Jerusalem
Posted by hopefulswan89 - 01 Sep 2024 10:19

[stopsurvivingstartliving wrote on 01 Sep 2024 10:10:](#)

31 days Clean on P.

Kol hakavod

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Re: Holy In Jerusalem
Posted by stopsurvivingstartliving - 01 Sep 2024 23:57

Day 16 Clean.

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Re: Holy In Jerusalem
Posted by stopsurvivingstartliving - 02 Sep 2024 23:56

Day 17 clean. I thank Hashem for giving me things to keep me busy the last few days leaving little time for urges and falls.

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Re: Holy In Jerusalem
Posted by stopsurvivingstartliving - 03 Sep 2024 12:44

Posting for accountability. I thought I found a loophole in my filter, I did see a few soft core things, thought I would be able to get to hard core I tried and tried for a few minutes and didn't succeed. I closed the tabs and plan on going outside to get it off my head.

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Re: Holy In Jerusalem
Posted by redfaced - 03 Sep 2024 14:20

[stopsurvivingstartliving wrote on 03 Sep 2024 12:44:](#)

Posting for accountability. I thought I found a loophole in my filter, I did see a few soft core things, thought I would be able to get to hard core I tried and tried for a few minutes and didn't succeed. I closed the tabs and plan on going outside to get it off my head.

Next step is to get even that loophole closed.

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Re: Holy In Jerusalem
Posted by stopsurvivingstartliving - 03 Sep 2024 21:55

Day 18 Clean. I did mention in an earlier post that I saw some images (would call a bit past soft core) but I don't think it counts as a fall. I hope my "chai" days of cleanliness will pump some

chiyus into me to truck through the zman, both in learning and kedusha!

PS I posted the following on my Introduce Yourself thread and I think it was missed by some, if you have a minute please check it out. Here's the link: guardyoureyes.com/forum/19-Introduce-Yourself/417627-trying-to-stay-pure?limit=15&start=15#420457

A Gut Chodesh!

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Re: Holy In Jerusalem
Posted by stopsurvivingstartliving - 04 Sep 2024 13:26

I just had a fall to M.

Trigger: Probably a build up of all the looking I did on the streets the past 2 and a half weeks.

What to do moving on: Will try to continue the battle but I don't really have a practical way to avoid the trigger.

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Re: Holy In Jerusalem
Posted by Muttel - 04 Sep 2024 13:41

Oy, feeling your pain.....

With much brotherly love,

Muttel

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Re: Holy In Jerusalem

Posted by hopefulswan89 - 04 Sep 2024 15:47

[stopsurvivingstartliving wrote on 04 Sep 2024 13:26:](#)

I just had a fall to M.

Trigger: Probably a build up of all the looking I did on the streets the past 2 and a half weeks.

What to do moving on: Will try to continue the battle but I don't really have a practical way to avoid the trigger.

I'm feeling your pain. Try to stay in yeshiva if possible and avoid the streets. Start counting again and form a new streak.

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Re: Holy In Jerusalem

Posted by willdoit - 04 Sep 2024 16:07

My friend, It hurts, it hurts, And its real. you tried, you fought, and in the end u fell.

Pls don't be too hard on urself. I fell after being over 250 days clean, and the only for me to pick myself was by using the falls as a learning experience and making new fences.

It will pass and you will stand up even stronger

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Re: Holy In Jerusalem

Posted by BenHashemBH - 04 Sep 2024 16:21

[stopsurvivingstartliving wrote on 04 Sep 2024 13:26:](#)

I just had a fall to M.

Trigger: Probably a build up of all the looking I did on the streets the past 2 and a half weeks.

What to do moving on: Will ~~try to~~ continue the battle ~~but I don't really have~~ and work towards a practical way to avoid the trigger.

My dear Brother,

I'm so sorry to hear and know it hurts a lot.

Since you are living and not surviving, I edited your post a tinesy bit to reflect that.

What to do moving on: You need to close the loophole in your filter and avoid testing it as best you can. For the street looks, even if you can't completely avoid it, you can certainly mitigate it some amount and any effort is you showing that you aren't passively submissive to your challenges. In livin', there just ain't no givin' up.

Your P-free streak remains, as do the 18 days free from M. That chai is yours to keep!

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