

Daily post accountability

Posted by hundredbrachos - 29 Jul 2024 19:58

Hi,

I am creating this post to document my daily struggle.

I find it very hard to stay clean in certain situations such as being stressed, off from work on Friday or Sunday, bored and not active. Days 7 and Day 14 is when I start to have anxiety which I call withdrawal symptoms- longest I have been clean for was about 114 days. I have locked all my devices, joined GYE this past week and will find a mentor.

I started thanking Hashem for being so generous and giving me the quality trait of never giving up- even though I fell hundreds of times. Started to read success and horror stories to get me motivated.

Day 1:

So far today is going well, had no urges yet- only half way to the day being over. Will update you guys soon.

Any tips you guys recommend to get to 90 days?

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Re: Daily post accountability

Posted by BenHashemBH - 06 May 2025 16:07

[hundredbrachos wrote on 06 May 2025 15:59:](#)

Hi guys,

It has been a while since i posted. I had some winning streaks and I had some falls but I want to start holding myself accountable so I am going to bli neder try to post everyday

Today will be Day 1 since I feel yesterday. Does anyone know how I can join the VAAD group? I think it will help me stay clea

Shalom Brother,

If you scroll up, Choosemyshem has a link to the Vaad in his signature.

You can also reach out to him for more info.

The Vaad group is incredible! Hatzlacha.

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Re: Daily post accountability

Posted by hundredbrachos - 06 May 2025 17:36

I have tried signing up but I did not receive a response. I tried twice.

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Re: Daily post accountability

Posted by jollylemur95 - 06 May 2025 18:07

[hundredbrachos wrote on 06 May 2025 17:36:](#)

I have tried signing up but I did not receive a response. I tried twice.

I second how great the vaad is!

Maybe PM him. He is very busy these days but he will for sure get back to you at some point.

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Re: Daily post accountability

Posted by hundredbrachos - 06 May 2025 18:08

Already did that.

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Re: Daily post accountability

Posted by jollylemur95 - 06 May 2025 18:12

I texted him that you are trying to reach him.

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Re: Daily post accountability

Posted by BenHashemBH - 06 May 2025 18:13

[hundredbrachos wrote on 06 May 2025 17:36:](#)

I have tried signing up but I did not receive a response. I tried twice.

Try emailing them directly: gye.vaad.project@gmail.com

(You might need to check your spam folder).

Hatzlacha

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Re: Daily post accountability

Posted by jollylemur95 - 06 May 2025 18:28

[hundredbrachos wrote on 06 May 2025 18:08:](#)

Already did that.

He said you should call him directly.

I pm'd you his information.

Much hatzlacha!!

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Re: Daily post accountability

Posted by hundredbrachos - 06 May 2025 18:41

Thank you very much. I was able to get in touch with him.

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Re: Daily post accountability

Posted by o0o0o - 13 May 2025 15:53

[hundredbrachos wrote on 19 Aug 2024 19:23:](#)

Day 20:

Sunday

Baruch Hashem in the morning I was on my wife's WhatsApp statuses. I was going through her status and then I ended up on Amazon shorts and I felt my mind and body trying to shift me to run into something inappropriate. I said no and I got out bed and got ready for shacris. As the day went I had no urges, I kept myself busy and did some house work that needed to be done. The I went to a birthday party and there were people that my eye kept on trying to look, I tried to avoid it but every time I turned around there was someone else. It's hard to control your cues when you are in an unfamiliar environment. Baruch Hashem I did not act out. I went home and continued with my house work and was home alone. I had another urge this saying" hey no one is home you can have some fun", again I said no. Sometime I feel like I am completely healed and that I can trust myself to watch something but deep down I know it's my yetzer hara trying to use a different method to make me fall....

WOW WOW

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