

GYE - Guard Your Eyes

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End game journey 90 days
Posted by rocky21 - 04 Sep 2024 16:18

Ok so yesterday I won bh and right after a terrible fail and so usually there is no way you fail after you fail like crazy(at least for me) but my internet filter was taken off that day so I wanted so watch so badly but somehow I won bh and I was so happy today will be the 2nd clean day bh and I'm felling pretty horny rn so hoping I will be able to hold back

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Re: End game journey 90 days
Posted by odyossefchai - 10 Oct 2024 13:44

[rocky21 wrote on 10 Oct 2024 10:47:](#)

37 days clean and feeling good going in to yk and succos bh

I did realize that instead of thinking/fantasizing about watching I'm thinking about actually doing something with a girl

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Re: End game journey 90 days
Posted by rocky21 - 10 Oct 2024 19:01

I got added to a WhatsApp group and was looking through the profile pictures as I normally do but this time I went back to look again and probably shouldn't have looked the first time and if they were dressed not well I put my thumb to cover the bad parts. So I didn't see anything inappropriate but I checked out these girls for no reason and feel bad now and I here that voice saying "ya it's terrible what you did just finish it off and watch porn and let one loose"

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Re: End game journey 90 days

Posted by BenHashemBH - 10 Oct 2024 21:03

"rocky21" post=423095 date=1728586896 catid=4

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It's not all or nothing. Deliberately and accidentally these things will happen. Buckle up, buckle down, and buck those nonsensical YH voices out of your head. Every single moment matters.

Curiosity is a curious thing. It kills cats (or so I've always been told), and they have about 5x faster reaction speed compared to us humans. Handle with caution. Sometimes it's good to know things. Many times it really, really doesn't matter. Are you seeking valuable information, or is it pulling you in? Good to think about and over time become ok with all the things we didn't need to know. Tough work, but worth the focus and extra brain space that you earn for it.

KOMT!

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Re: End game journey 90 days

Posted by rocky21 - 11 Oct 2024 10:23

Day 38 clean.

I almost failed yesterday and I'm so mad at myself that I almost failed yesterday freaking erev YK how did I almost let that happen. And in also so scared that if I didn't have the erev YK reason I probably would have failed and I'm scared I might fall soon chas veshalom and I really really don't want to my life is great rn I don't want to go back to that dark place

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Re: End game journey 90 days
Posted by odyossefchai - 11 Oct 2024 10:35

[rocky21 wrote on 11 Oct 2024 10:23:](#)

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I disagree. You had the erev YK that you need.

A Person should always be dealing with his problems in his own way and not the way a book or even a Sefer would describe the way his problems are.

I look for mehalchim in davening that talk to me. When you are saying Al Cheit, say it in your own way think of your own mehalech, look for ideas that talk to you in YOUR situation. No need to live up to the expectations of other people who probably aren't going through what you are going through. And reach out to one of your friends here who can shmooze to you and guide you.

Hashem loves those people that are crawling towards Him THROUGH THE MUD.

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Re: End game journey 90 days
Posted by rocky21 - 12 Oct 2024 17:35

Day 39 clean bh

More that YK Is over I feel like I have a huge gate stopping me from falling taken away, I'm scared cause now I am "alone" again juts with my reasons and not reasons like being judged for my life. I think I will make a shvua even tho I'm scared about making one cause it's a lot of pressure and I didn't stand in the face of it last time

I would love to hear from you guys for some options

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Re: End game journey 90 days
Posted by rocky21 - 12 Oct 2024 18:43

Ok so since writing this I have done what I did in the past and searched things but didn't click on them and I absolutely hated it when I do it I feel almost as bad as when I do watch and I think that's not fair but I'm so pissed at myself for searching that.

I'm going to wright a shvua to help me because I see how vanrable I am.

Unfortunately I am very vanrable,I tried to get one in before I wright a shvua I told myself but bh somehow I was saved and going to write now but still feel like a absolute freaking peace of sh@# looser for searching stuff up and not pressing on it, like why the hell would I play with risking everything I built, is it counted as falling??

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Re: End game journey 90 days
Posted by levaryeh - 12 Oct 2024 19:36

No it's great that you did not click on it !! Hey right back up and continue fighting

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Re: End game journey 90 days
Posted by rocky21 - 12 Oct 2024 19:57

Thats what I'm saying like is it "get right back up" did I even get off? Like of course I should not do that again but is it considered a fall?

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Re: End game journey 90 days
Posted by richtig - 13 Oct 2024 00:46

Warning: Spoiler!

"rocky21" post=423184 date=1728763036 catid=4Thats what I'm saying like is it "get right back up" did I even get off? Like of course I should not do that again but is it considered a fall?

Some may call it a slip, but don't get caught up in the language. As long as you keep going, you're doing great!!

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Re: End game journey 90 days
Posted by rocky21 - 13 Oct 2024 04:22

40 days clean bh!!!

So after doing some thinking I realized that I have done the same thing I did last night twice before on this journey and didn't really get mad at myself like I did last night on the contrary I was happy I didn't click it.

So what I leaned is that now that bh I'm cleaner and there for feel higher levels of holiness that searching affected me more cause I should be above that now and it affected me more cause I'm farther away from thkse things bh

And I'm also more mad because I was so close to giving in and loosing a amazing streak and journey that I built that I didn't have in the beginning.

In conclusion I should never go incognito that's playing with fire and like going to a shooting range and telling people look at me I doged buulets where I can dodge them by not even going to the shooting range

So bh no incognito and no more being one click away whenever I instenctevly want to press chrome and then incangto I'll press clock and then 5 minute timer of deep breathing bh

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Re: End game journey 90 days

Posted by stopsurvivingstartliving - 13 Oct 2024 06:52

[rocky21 wrote on 13 Oct 2024 04:22:](#)

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WOW!!!! 40 days!!!! That's a hell a lot of days. I believe that seforim say that 40 days is a special number when it comes to breaking taavos.

Regarding the fact that you walk into a shooting range causing you to have to dodge out the bullets, first of all I love the mashal. Second of all, after all that was done facts are that you walked out clean and this is something you should give yourself a pat on the back for and celebrate. Moving forward you made a wonderful kabala on yourself that before opening an incognito you will wait 5 minutes, amazing idea.

Please don't let those searches be on your mind because all they will do is pull down your mood and lead to not good stuff.

Hatzlacha Raba and Keep Trucking!

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Re: End game journey 90 days
Posted by rocky21 - 14 Oct 2024 08:54

Day 41 clean bh

Next goal 42 but looking forward to the 50

I just today saw a video of a girl that I got suggest to but said no because of my current state with p&m and I'm extremely disappointed that I had to say no unfortunately for now

But everytime I urge comes I'll remember that this freaking urge took away a golden opportunity from me and it's 1-5 hours of pleasure or a long life of happiness and achieving goals.

I've been free once I can and will do it again but this time the foundation will be much firmer thanks to GYEs amazing people

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Re: End game journey 90 days
Posted by rocky21 - 14 Oct 2024 12:02

Just a random question?

Do we deep down not want to watch P or deep down we do but we know it's wrong?

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