

Today's battle

Posted by jda211 - 23 Jun 2009 18:54

Today is Day 5 for me, at work it is hard to watch myself and guard my eyes and i keep getting impulses to look at bad websites, but i need to try and forget about for another 2 hours until i go home, when i will be busier and it will be a little easier.

But so far today, B'H, i am clean

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Re: Today's battle

Posted by the.guard - 23 Jun 2009 18:58

When feeling weak, read the GYE handbooks!

Keep up the good work, and keep posting on this new thread of yours... Every day, post your progress - all the way to 90 days!

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Re: Today's battle

Posted by jda211 - 24 Jun 2009 18:51

Today is day 6. I had a very strong nisayon to go on bad websites, but i read today's email and davened to Hashem for help and for Him to take over, and it got easier. Still a little time to go, but so far day 6 is clean.

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Re: Today's battle

Posted by bardichev - 24 Jun 2009 19:06

heilger JD

how about a fliter or coveneat eyes?

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Re: Todays battle

Posted by the.guard - 24 Jun 2009 21:31

Bardichev is right. A good filter is a MUST. See our [filter page](#) for ideas.

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Re: Todays battle

Posted by jda211 - 25 Jun 2009 20:33

Today is day 7. I did take bardichev (and others advice). I didnt install a complete filter but i installed adblock and flashblock. I know its not a full filter, but it still helps me a lot. Those images in ads are what triggers me sometimes, and i see it has helped already. I think just trying to take more control has helped in the battle a little.

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Re: Todays battle

Posted by the.guard - 25 Jun 2009 21:56

Having all the garbage within a mouse's click is still not a good strategy. If you can't install a filter because you need open access for work, at least install accountability software. [See here](#).

Keep up the great work Tzadik!

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Re: Todays battle

Posted by jda211 - 26 Jun 2009 16:07

Today is day 8, and while the urges definitely are not gone, it is a little easier. And i must admit, when i think of acting out, and then remember i will have to admit my fall here, and start over, it helps. while i know that is not the best strategy, whatever helps me to get through the day i will do.

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Re: Todays battle

Posted by jack - 26 Jun 2009 16:36

it IS the best strategy to have to admit to someone else you failed.it's called accountability. everyone wishes they could have accountability to Hashem, like in that story with rabbi yochanan ben zakai and his talmidiim. but, UNFORTUNATELY, we DONT have accountability to Hashem, and therefore do the next best thing, like r' yochanan says in the gemara, have accountability with people, and then, afterwards, you will strive to have the REAL accountability, with the Creator.

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Re: Todays battle

Posted by Chaim - 27 Jun 2009 20:08

I like the name you picked - Today.

??? ???? ?????? - Today you are a different man, and the Yezer is a new creation also (misgaber kol yom???? ?? ??? ?????? ????? ?? ??? -) and **Today's** battle is really **different** than all the other days in your life until now, and in the future.

This might be connected to the dichotomy of light being particles or waves - so to TIME - is it dots of existence (a man is judged every second) or cyclical time frames?

So Let's Battle Today

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Re: Todays battle

Posted by the.guard - 27 Jun 2009 21:33

JD, I updated your chart... Mazal Tov on reaching Level 2.

Jack couldn't have said it better!!

One day at a time... We're all here for you. Keep strong!

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Re: Todays battle

Posted by jda211 - 28 Jun 2009 17:58

Today is day number 10. B'H Shabbos is usually easier, with less temptations, and this Shabbos went well. This is by far my most recent streak, and hopefully with more and more work and tefilla the urges will get even less. Sometimes when i think about inappropriate things now, i even recognize quickly that it is the yetzer harah, and i quickly just think about something else. i was thinking how i found this site a while ago when i got so fed up with myself i googled shmiras enayim, and how much this site has helped me since. i cant wait to read more, and develop more with it.

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Re: Todays battle

Posted by bardichev - 28 Jun 2009 19:04

hello heiliger tzaddik JD

i dont know if I officially welcomed you to the site

my name is bardichev(with a small b) I am part of the chherring squad here (among other official and un-official duties.

10 days is a whole bunch of days do you realize how much you turned your eyes away from how much SUR MEI-RA you did

hello we should be dancing the kazatzka!!!

Tzaddik this is not an easy fight REMEMBER you are fighting for your life your normalcy your humanity your peace of mind everything is on the line!!

HABAAH LITEHER MISAYYIN OSO!!

stay here for the long haul post away all your victories and even ch"v your mini defeats

h&H (which means humble and HAPPY)

bardichev

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Re: Today's battle

Posted by jda211 - 29 Jun 2009 16:55

well i had a fall today, so i guess i start the count over. i can't help but feel disappointed. i feel that all the good that i had from this recent streak is gone, and wasted. i guess i start over now, i feel kind of lost, and i'm trying not to be upset, but i can't help it. i guess i'll try from here, and i'll let you know if i get the next 3 days clean to start my count again.

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Re: Todays battle

Posted by Noorah BAMram - 30 Jun 2009 02:32

Shalom aliechem my holy brother warrior, i think a little pep talk from the general is in

Quote

I don't measure a man's success by how high he climbs but how high he bounces when he hits bottom.

Here is a rallying cry from General McArther
order...General Patton that is

Quote

We are not retreating - we are advancing in another direction.

Douglas MacArthur

Us too my dearest, "retreat is no option"

We get up brush our self off and continue fightingwe don't. fight harder....rather we fight smarter

With fiery love to a fellow warrior, I remain forever yours

Noorah Bamaram

Aide-de Camp to Generals Patton McArther and Guard :D:D

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