

## GYE - Guard Your Eyes

Generated: 13 September, 2025, 21:35

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PostalServicio's Battle Log

Posted by BentleyJunkie - 23 Nov 2008 23:11

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Battle's Started: Nov 17, 2008

Longest Previous Battle: 18 days (CHAI!!)

Goal: 90 Days

Duration of Battle: So far, 6 days.

Daily Updates (Level 1): Every Night (10pm Central Time)

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Re: PostalServicio's Battle Log

Posted by mdmjerusalem - 13 Jan 2009 19:56

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28 is also ????

Which demonstrates your closeness to Hashem

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Re: PostalServicio's Battle Log

Posted by BentleyJunkie - 15 Jan 2009 03:46

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27 and 28 done and done....new record!

i got rid of my tv...now i'm really pulling out my hair....maybe that's another addiction of mine lol?

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Re: PostalServicio's Battle Log

Posted by battleworn - 15 Jan 2009 11:52

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KOL HAKAVOD!!!

What are you doing, with the time that was being spent on trash until now?

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Re: PostalServicio's Battle Log

Posted by BentleyJunkie - 15 Jan 2009 12:29

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thats the problem, i need to find something to replace it....learn more, pick up a hobby  
perhaps...i definitely don't want to replace tv with internet.

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Re: PostalServicio's Battle Log

Posted by battleworn - 15 Jan 2009 13:07

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More learning is ideal. But since Torah can be "T'chilaso mar v'sofo masok" - bitter at first and then very sweet, there is a chance that you might find that you need something else at this point. (Getting through the bitter stage is of-course one of our main jobs in this world, but right now might not be the best time for that.) Often all you need to do is to choose the right subject, but sometimes that doesn't solve the problem. So, if not more learning (or in addition to more learning) at least make sure to find something productive and fulfilling. But don't forget: Boredom is the worst!

Hatzlochoh Rabah! And CHAZAK VEEMATZ!!!

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Re: PostalServicio's Battle Log

Posted by the.guard - 15 Jan 2009 13:56

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Postal, getting rid of the TV is the best thing you could have ever done. See even [this article](#) about TV in Israel.

Even leaving Yiddishkeit aside, studies have consistently shown that people who watch less TV are happier and more fulfilled people. And for people who struggle with these issues, TV is the biggest threat to maintaining sobriety. So Kudos on this great step forward!

Now you can start to fill your life with meaningful things like Torah, family, work and being able to enjoy the beautiful world Hashem made without the constant "background noise" and "static" of the digital, goyish, filthy, empty world flooding your brain.

For ideas on what to do with your time, see [this page](#) of the kosher Isle.

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Re: PostalServicio's Battle Log  
Posted by BentleyJunkie - 19 Jan 2009 03:25

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Day 32 over....staying strong

feeling good about getting rid of the tv...

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Re: PostalServicio's Battle Log  
Posted by the.guard - 19 Jan 2009 08:22

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32 is gimatria LEV

May you have a Lev Chadash to serve hashem!

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Re: PostalServicio's Battle Log  
Posted by BentleyJunkie - 20 Jan 2009 13:47

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had a dream that i fell...but woke up without a nocturnal emission...

weird...

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Re: PostalServicio's Battle Log  
Posted by Binyomin5766 - 20 Jan 2009 14:02

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Perhaps it is evidence of success in your endeavors? You dreamed one thing, but your body refused to go along.

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Re: PostalServicio's Battle Log  
Posted by BentleyJunkie - 20 Jan 2009 23:39

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Actually, i think i have an idea of why it happened....i let my guard down ever so slightly in guarding my eyes the day before.

H' is telling me, even "harmlessly" looking at girls on facebook could have some unintended consequences.

message received...

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Re: PostalServicio's Battle Log  
Posted by the.guard - 21 Jan 2009 11:15

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Ashrecha Postal.

Can you get your filter to block Facebook? It's pretty dangerous I hear...

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Re: PostalServicio's Battle Log  
Posted by BentleyJunkie - 22 Jan 2009 04:14

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Day 35 completed....5 weeks!

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Re: PostalServicio's Battle Log  
Posted by Binyomin5766 - 22 Jan 2009 13:03

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Yasher koach! Keep it going! I'm right behind you. I'd be right beside you but I started a few

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