

Challenge Accepted!!!

Posted by Grant400 - 02 May 2021 01:43

All right! Let's get straight to it.

R' Eliezer, better known as "Lou" and I, both fell off really long streaks of a few months, and needed some help getting back up. So I suggested a 90 day challenge, with the loser having to give \$150 to a tzedaka of his choice (preferably GYE obvs...).

There seems to have been an interest among many more users here, so let us welcome all of you to the party!

Whoever would like to join please respond on this topic. Welcome.

Here are the rules:

Starting from when you accept the challenge, for the next 90 days everyone who joins accepts upon themselves BL"N to post if they fall, and must give \$150 to tzedaka. Even if someone falls that does not absolve the other participants of their kabalah.

If someone acts out, it adds \$2 onto everyone's kabalah. Meaning if one person fails, he must give \$150, but the next must give \$152. This is in order to place a certain level of responsibility upon us not to misbehave, because it will cause others to lose additional money. One clause, there is a ceiling, it can never go over \$200.

Anyone can join. Regardless of where their count is holding, it is 90 days from when they accept the challenge.

After accepting, you will be held accountable.

(R' Lou, please let me know if you would like to join according to theses new rules, if not we can keep the old version for you.)

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Re: Challenge Accepted!!!

Posted by Snowflake - 25 May 2021 17:11

Sorry to hear guys. Let's not give up, that's all the YH wants. If we fall we can always get back up with redoubled strength, change strategy and what not.

I've already said this before in my thread, so sorry for repeating but I think it's important.

When the Baal Shem Tov would hear a bad shmuah (i.e. A yid was mehallel Shabbes), he wouldn't just ignore it and think something like, "that'd never happen to me, I'm too heilig!" Instead he'd take it as a warning from Shomoyim, that maybe he needs to work on that too. In said case, he'd review Shabbes haloches.

That being the case, in order to avoid falling, I want to up my level of shemira in this area. If anyone would like to be my phone chat partner, please pm me (I'd be thankful!). I haven't spoken to anyone (by phone) in quite some time.

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Re: Challenge Accepted!!!

Posted by Snowflake - 25 May 2021 20:22

BTW Grant, stop beating yourself up!! Look at this thread, the achdus you have accomplished, let alone all your contributions to us the GYE community. Nu... maybe G-d does not expect us to never fall. Who knows...Maybe he just expects us to give our best and never give up no matter what...look at this heilige kehile... Yidden fighting shmutz, against all odds in a depraved society, how can this not be some sort of life mission for everyone here... Yehi ratzon you should never fall again. But Yehi Ratzon too you should never leave us... Your chizzuk is invaluable...

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Re: Challenge Accepted!!!

Posted by lionking - 25 May 2021 23:23

[??? ??? ???? ??? wrote on 25 May 2021 15:42:](#)

[lionking wrote on 25 May 2021 13:42:](#)

I think we need to be more active and support each other in order for this challenge to be successful...

What do you suggest? Regular posting on this thread? The email chain?

I don't want to suggest anything. I hate making suggestions which is hard for me to do. I was just expressing my opinion that I feel it would be beneficial if this is turned into a mini support group, instead of the quiet that has permeated both this thread and the email chat, except for the occasional I fell post.

As Benjamin Franklin's said at the time of the signing of the Declaration of Independence: "We must all hang together, or, most assuredly, we shall all hang separately."

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Re: Challenge Accepted!!!

Posted by eyes - 26 May 2021 00:32

[Snowflake wrote on 25 May 2021 20:22:](#)

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A letter to Grant:

Dear Moreinu Grant400,

If not for you I would not be where I am today. BH I am now close to 2 years clean of MZ"L. If not for you guiding me through most of this process, I am not sure where I would be. The time we chatted and or emailed gave me a lift. You always encouraged me to be better and not give into those feelings. Almost 2 years ago when I fell 3 times in the time span in one week. I felt like garbage. Hashem had just given us our third child and I was acting like an animal.

Grant we need you to keep guiding and inspiring us. You go to great lengths to think of ways to

keep us as a family and keep us above the water.

Grant, this isn't you.

Rise like a Lion and rip past this time. You can and you will rise to higher heights. Don't be torn down by the YH. Rise and you will be stronger. Like it says yerida L'tzorech aliya

Eyes

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Re: Challenge Accepted!!!

Posted by ??? ???? ???? ??? - 26 May 2021 02:08

[Grant400 wrote on 25 May 2021 16:30:](#)

[Grant400 wrote on 25 May 2021 16:02:](#)

Oy! I fell! \$160

I'll be honest. I needed that fall. I knew it was going to happen. It was only a matter of time. I am going to have to make huge changes. I know why I fell and I removed 99% of the cause at a high cost for me. (I cannot remove all because of business reasons.) I just can't afford the cost of continuing like this. B"H my falls now are negligible compared to many months ago, but I gotta rip myself out of this already.

Now I'll really honest. What I just wrote is a load of hogwash.

The problem is - I said this so many times before. I typed this too many times in the past. So what's gonna change?!? Every time I start fresh with a vengeance from the devastating lack of enjoyment from the act I craved, it eventually fades into nothingness.

Will I just continue to parrot the words my brain wants to hear, without feeling it the way my heart wants to feel? Continue to fool myself?

Why am I so foolish? Why do I still convince myself that my excuses work, when they are so flimsy I wouldn't trust them to hold a day old tuna fish sandwich?!?

Will I be on this site forever, still gleefully clicking "clean" for a while and then tearfully hit the "fall" button? Can I continue to "realize the issue...remove it...and expect change?

All the causes and all the excuses are c**p. The blame is on me. The onus cannot be placed on anyone/anything else. Will I continue to live like white trash in a trailer park? Will I lose control like a car in a blizzard? Is truth so foreign to me, I forget its name constantly?

Oh! What to do?

That was such an amazing post, Grant. Thank you for sharing your feelings and being honest. I can so relate to everything you wrote. This line touched me the most: "*Will I be on this site forever, still gleefully clicking "clean" for a while and then tearfully hit the "fall" button?*" I can feel your pain and frustration and I can join you.

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Re: Challenge Accepted!!!

Posted by wilnevergiveup - 26 May 2021 05:31

[??? ???? ???? ??? wrote on 26 May 2021 02:08:](#)

[Grant400 wrote on 25 May 2021 16:30:](#)

[Grant400 wrote on 25 May 2021 16:02:](#)

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Oh! What to do?

That was such an amazing post, Grant. Thank you for sharing your feelings and being honest. I can so relate to everything you wrote. This line touched me the most: "*Will I be on this site forever, still gleefully clicking "clean" for a while and then tearfully hit the "fall" button?*" I can feel your pain and frustration and I can join you.

When I press the fall button, there ain't no tears. Sometimes I Kick the wall but it hasn't affected me that much lately.

I don't know if I am in a better place or worse but I may tie less worthiness to the whole parsha and therefore am less attached. Not sure if this helps me or not, just saying that when I was still crying over every fall I was an emotional wreck. I cried because I felt I had no control. I try to grow in all areas of life including this one, but this is just one of them. We are all growing, and for that we must be grateful.

Are you better than you were last week, last year? It's not about the streak or the challenge or). Those things can get you down when you fail, but growth should always feel good the problem is that we are blinded by the failure of our other goals.

Just sharing.

Hope everyone is doing well.

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Re: Challenge Accepted!!!

Posted by ??? ????? ????? ??? - 26 May 2021 13:34

[wilnevergiveup wrote on 26 May 2021 05:31:](#)

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Great point. I have had the same experience. Before I came to GYE, I felt unworthy. Totally out of control. Ashamed. How could a religious person like me do this!?!? Now, as you wrote, "I tie less worthiness to the whole parsha." That was the gamechanger.

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Re: Challenge Accepted!!!

Posted by Grant400 - 26 May 2021 13:55

Hi guys! Good morning!

Yes, I'm all chirpy, cause...one day at a time!

I have a theory. When I iniinitially joined GYE, I worked on discipline and control. I learned to value good and despise bad. I learned techniques and tricks. I learned to recognize what's truth

and what isn't. I was really shteiging and I slowly worked my way up to close to 180 days. The I got comfortable, became complacent, and..

Then I fell.

Immediately I invigorated myself and committed to a taphsic, knasos, punishments and kabalos. All fired up for rectifying my bad choices, but I continued to slip and fall no matter how much my savings account depleted. Did it help alot, yes - not always is a person willing to pay \$500 for a peek, but nothing in me was changing. It was like locking an alcoholic in jail. He may not have access to any hard stuff, but as soon as he breaks loose he's gonna be sucking dem stuff down. I believe the term is dry drunk.

What I gotta do is change my mindset back to what it was initially. No more can I answer desire with "too expensive" or "you said Hashem's name in your shvuah", It's gotta come from me. Me not wanting it. Me, my heart and brain, not that other animalistic part.

I must start to work on yiddishkeit as a whole. Davening, learning, yiras shamayim etc. It's gotta become an "I don't want" instead of "I can't".

How long will it take? What steps exactly to do? What new practices to accept? I'm not sure yet, but it will be done.

I have faith in myself. I really do.

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Re: Challenge Accepted!!!

Posted by HappyYid - 26 May 2021 14:16

[Grant400 wrote on 26 May 2021 13:55:](#)

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How long will it take? What steps exactly to do? What new practices to accept? I'm not sure yet, but it will be done.

I have faith in myself. I really do.

We all have faith in you too!

Keep on trucking.

Hatzlacha!

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Re: Challenge Accepted!!!

Posted by lionking - 26 May 2021 14:44

Hi Grant,

You took the words out of my mouth. When I read your original post about blocking 99% etc... I was thinking, this guy is fooling himself. He has worked a program for a decent amount of time even with that access.

It sounded like you weren't motivated enough to make the changes now after these slips and falls, or that you are going through a challenging time now in other areas of your life and don't have the headspace to deal with this.

Don't get me wrong, I am all for blocking as much access as possible, however I know I cannot rely on that. I need to start living life better, I cannot escape life, because I have some difficulty or challenge.

Personally, I know I will probably always have unfiltered access. (Unless I move to a desert or perhaps to Mars). I can do whatever I can, so that the devices I use are filtered. However I need to change to not even want to access this content. As long as I am wanting, I will find a way.

I might be able to help you with the 1% you wrote about, however I think more importantly is the hard internal changes we all need to make, it shouldn't even cross our minds to act out.

Hatzlacha rabba on your journey and feel free to reach out whenever you like.

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Re: Challenge Accepted!!!

Posted by lionking - 27 May 2021 13:57

I fell late last night.

I started paying my obligation, I hope to pay up by the end of the week, and I am BL"N recommitting as of now.

I think the current price is now \$162.

B"H I had a successful 37 days, even with my Wife not being available this entire time.

B"H also, that I fell only with masturbation without porn.

I have/had an extremely stressful time, especially this past week. Barely slept this week, basically lucky if I got 4-5 hours of sleep, some nights were under that.

I need to drive through an inappropriate area every day. Usually I try to avert my gaze and not notice the people walking around. The last 1-2 days, I have been a little (or a lot) lax. Of course I looked away and didn't ogle the woman there, however there was definitely a first or second peek.

Last night when I was laying in bed, I was so aroused and my mind was bombarding me with fantasies and imagery, zera started coming out already. I remembered the challenge, but it was too difficult to hold back from masturbating.

I definitely gained from this challenge and I am BL"N recommitting again even though I am tight on money.

Please pray for me and for all of us. Thank you!

Hatzlacha Rabba

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Re: Challenge Accepted!!!

Posted by Markz - 27 May 2021 18:28

“Accountability” = Capable of holding down a job so as to pay for another fall.

LK you know me - I’m just kidding’ - Lions don’t get ruffled so easily :-)

I am happy to hear the challenge helped somewhat.

Hey I’m planing to be by your neck of the woods this weekend - KIT

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Re: Challenge Accepted!!!

Posted by lionking - 31 May 2021 15:21

I acted foolish last night and fell.

Why? Because I am insane.

At least now it is out of my system, instead of the last few days where I was struggling constantly with just wanting a release.

Price is \$164, paying up and recommitting again.

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Re: Challenge Accepted!!!

Posted by cordnoy - 31 May 2021 15:24

[lionking wrote on 31 May 2021 15:21:](#)

I acted foolish last night and fell.

Why? Because I am insane.

At least now it is out of my system, instead of the last few days where I was struggling constantly with just wanting a release.

Price is \$164, paying up and recommitting again.

Sorry to hear; onward!!!

As a fundraiser, perhaps it's time I get in on the action (although, obviously, I'm not rootin' for anyone to fall).

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