

GYE - Guard Your Eyes

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This time will be better

Posted by joetyh - 14 Jan 2022 10:58

hey people!!! just had a fall 2 nights in a row after building my streak to 5 days... but you know what, 5 days, that was pretty impressive. I have made myself sort of reliant on videos to entertain myself during bein hasedarim and after night seder which means i occasionally need to access youtube which is a killer because it starts with downloading just some fun vlogs and/or product reviews and it goes downhill from there. I need to find a way to be able to get some videos (I dont think i can quit cold turkey from watching and 613tube isnt an option) but not falling down that terrible rabbit hole of the "How bad of a video can i find on YouTube). besides for youtube theres the plain urges that come and I just feel powerless against them. I try to beat them but its so so hard to. even the smallest trigger (i.e. seeing a random pretty girl in the street) can just set me off on a bad day. I really want to be clean!!! I really do!!!! But I feel like as soon as the urge comes I just decide that "it's just this time" and I'll find an excuse to justify it.

I'm on day 1 now. My goal right now is 1 week. I think I can do it and I know it will be very painful but I'm ready.

any suggestions or if you can relate hop on to this topic

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Re: This time will be better

Posted by joetyh - 07 Feb 2022 20:20

Hey guys!!!

Rabbi Stark has an amazing speech to listen to

it is looong but crazy powerful

<https://youtu.be/NooTFvpuUus>

It was incredible. You can hear it by calling 848-777-4769, then press 1, followed by #. There is a short introduction from Coach Menachem. The actual program begins after a few minutes.

<https://podcasts.apple.com/us/podcast/lets-get-real-with-coach-menachem/id1515410160?i=1000550270120>

<https://open.spotify.com/episode/3xuCtA1cOHVaBP1lhnbGx6?si=XU1bFeP6SPm2JBBL7DRE8>
[A](#)

all the same speech

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Re: This time will be better
Posted by Shtarkandemotional - 07 Feb 2022 21:37

[joetyh wrote on 07 Feb 2022 20:20:](#)

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[A](#)

all the same speech

Thank you! Yes it's INCREDIBLE!!!! Definitely share it around! All the ripple effects will be in your zchus!

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Re: This time will be better
Posted by joetyh - 08 Feb 2022 07:06

22 days!!!! We are on the way to 4 weeks!!!!

yesterday was a little hard... I was chilling in my room and I had this crazy urge thinking back to how good it felt but I would have to be crazy to give in.... So I hopped on a bus and went to the kosel to pray a little and was out for like 2 hours connecting with people and God....

Thank you Hashem for another day clean!!!

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Re: This time will be better
Posted by Shtarkandemotional - 08 Feb 2022 14:46

[joetyh wrote on 08 Feb 2022 07:06:](#)

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Nice!! Keep it up!!

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Re: This time will be better
Posted by joetyh - 09 Feb 2022 15:22

Hey guys firstly it's day 23!!!! We are getting close enough to be able to smell day #30!!!!

Last night was a little rough I got triggered from some profile picture on WhatsApp.... And I started trying to find pictures to look at (and I unfortunately did but thank god not actual Pornography) but I B"H caught myself and was able to turn my phone off and go to sleep....

I am looking for some sort of accountability software that will work for the entire iPhone to prevent this from happening again....

There is just one issue. Most of these webchaver kind of softwares do not have access to monitor anything outside their app on iOS.

if anyone has any info or a filter that will work well (I may have to get rid of my Apple Watch if they can't filter it)

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Re: This time will be better
Posted by omekhadavar - 09 Feb 2022 18:44

[joetyh wrote on 09 Feb 2022 15:22:](#)

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thekosheros.com/

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Re: This time will be better
Posted by joetyh - 09 Feb 2022 20:32

[omekhadavar wrote on 09 Feb 2022 18:44:](#)

[joetyh wrote on 09 Feb 2022 15:22:](#)

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thekosheros.com/

They sell android smartphones... they don't service any phones

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Re: This time will be better
Posted by Trouble - 09 Feb 2022 22:26

can someone in nauru lust (when there are hardly any people and certainly nobody with any sophistication)?

can a blind man lust?

What about the blind man? If men are so damnably stimulated by sight, then by definition a blind person could never commit this sin. Yet, instead of facing the truth that wrongful lust is a matter of the heart, we have gone to the drastic measure of making rules and restrictions of the strictest sort, thinking perhaps that forced blindness is the answer.

The truth is that a blind man can lust and covet wrongfully any of the things or persons that a sighted man or woman can. It is not the physical attributes that endanger us. It is the evil intentions of our hearts. Wrongful lust requires intent to possess.

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Posted by joetyh - 09 Feb 2022 22:33

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I don't quite understand

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Re: This time will be better
Posted by Trouble - 09 Feb 2022 23:40

[joetyh wrote on 09 Feb 2022 22:33:](#)

[Trouble wrote on 09 Feb 2022 22:26:](#)

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lo sassuru acharei levavchem vacharei eineichem - although rabbeinu yitzchaki quotes the sages that the former is idolatry and the latter is promiscuity, trouble thinks that the former may

also refer to promiscuity, as the wrongful lust behind in the heart/mind, not in the eyes. and it probably says that someplace.

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Re: This time will be better
Posted by Bilaam Harasha to Yosef Hatzaddik - 10 Feb 2022 01:04

If your honest in the setup, you can use apple screen time but it does require a friend or adult to help you with that. I haven't really read your previous posts so maybe this is why your not interested in it but it works pretty well and doesn't have any loopholes as far as I know (I've had it for a while and I tried looking for some). It also has accountability features by default. I'm sure your already aware of it but look into I think it'll help you and you can use it in conjunction with webchaver. If you were to use apple screen time by itself you would have to set a list of allowed websites because this is the best way to avoid falls (but you can choose what settings you want, like only to block p websites and other websites like maybe YouTube if you want to block them specially) but if you use webchaver in conjunction with it, then you don't have to necessarily set your apple screen time filter to allowed websites only to be safe although this would be ideal (and this is the set up that I have on my phone). You would have to block specific sites like YouTube however and those filters will then apply to the covenant eyes browser and if you make that your only browser you would be safe enough.

Feel free to Pm for more info if you want and look in my signature of how to get webchaver for free. Even though it's free it actually may hold you more accountable and you can chaverim on top of that.

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Re: This time will be better
Posted by joetyh - 10 Feb 2022 01:28

I messed up.

I messed up

I freakin messed up after 23 days of clean

and I lost money in the process

God why? I blocked everything on my phone. I got rid of 2 phones I got rid of twitter, telegram, instagram and all I have is a couple of stupid basic websites and I still fall!!!! So what's the point!!!!

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Re: This time will be better
Posted by omekhadavar - 10 Feb 2022 01:45

[joetyh wrote on 10 Feb 2022 01:28:](#)

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God why? I blocked everything on my phone. I got rid of 2 phones I got rid of twitter, telegram, instagram and all I have is a couple of stupid basic websites and I still fall!!!! So what's the point!!!!

Your goal isn't to stop cold turkey, it's to rewire your brain. You're doing an amazing job! Don't underestimate how much those 23 days changed the neural pathways in your brain. Get up now and keep working on yourself! You can do this!

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Re: This time will be better
Posted by Lost In Search - 10 Feb 2022 04:09

[joetyh wrote on 10 Feb 2022 01:28:](#)

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God why? I blocked everything on my phone. I got rid of 2 phones I got rid of twitter, telegram, instagram and all I have is a couple of stupid basic websites and I still fall!!!! So what's the point!!!!

Try having an accountability software, it works a lot better than a filter, if someone is struggling in this area he will keep on going around the filter.

I tried so many filters but kept on viewing shmutz despite the filter, the filter blocked porn, but I still was able to get around it, I now use webchaver and have more success with it.

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