

This time will be better

Posted by joetyh - 14 Jan 2022 10:58

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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 - 26 Jan 2022 07:20

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Day 9!! one day to 10!! than i have a minyan of days to daven with..... B"H I am getting a new 1st seder Chavrusa today so I can fill my head with Torah!!! I need to thank one of the Chasuva guys here (I think his username is constant) for pushing me a couple of weeks ago to go through my filter to make sure it's really filtered for an easily excitable fellow like myself and Zedj for pushing me to make a contract.... It makes it so much easier when triggers dont just by mistake pop up usually.... (not that it's easy but it's B"H easier...)

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Re: This time will be better

Posted by Human being - 26 Jan 2022 07:30

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Unbelievable! keep it up.

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Re: This time will be better

Posted by joetyh - 27 Jan 2022 07:55

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TEN DAYS!!!! TEN DAYS!!!! I now have a minyan of days!!!! this is insane!!!

yesterday was probably the hardest day so far but we're here now!!! next goal is 14 days but  
ONE DAY AT A TIME!!!!

14 days was the longest streak i have ever had in the past 3 or 4 years....

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Re: This time will be better

Posted by omoH - 27 Jan 2022 12:41

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Love this thread your an amazing guy really brave for being so honest i wish i was like that have  
you ever read the [easypeasymethod.org/easypeasy.pdf](https://easypeasymethod.org/easypeasy.pdf) its a fresh new outlook that could help  
you and its not just use your willpower i would recommend you read it

even though its not the best written book i still found it useful cause hey i am on the longest  
streak I've ever done 67 days but i am not really counting any more cause i am now a NON  
user!!! YIPEE!!!!

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Re: This time will be better

Posted by joetyh - 27 Jan 2022 22:14

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I was just by a question and answer session and someone asked the following question...

"Everyone knows the good strawberry shortcake is always on the women side by the kiddush, is  
it a problem to walk in and grab a slice and walk out to enjoy it?" The Rabbi (he is not my Rebbi  
I was just going to hear what he says) was being very general the whole time but he said to this  
that it is absolutely not allowed. I've been taught here on GYE (unless I'm warping the theory)  
that if you train yourself not to sexualize women/girls there shouldn't be a problem walking in to  
grab a slice of cake (assuming it is accepted in that crowd, try doing that in a real chassidishe

place you'll lose your head) as long as you're not sitting down with a girl to eat it.... am I wrong?  
am I missing something?

it wasnt just this question... his whole theory was based off assur assur assur....

I would appreciate thoughts or comments or even criticism on my train of thought....

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Re: This time will be better  
Posted by joetyh - 28 Jan 2022 07:37

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Day 11!!!!!! this is crazy

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Re: This time will be better  
Posted by DavidT - 28 Jan 2022 16:35

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## The Four Primary Laws of Looking at and Thinking about Women

Below is a summary of relevant rulings. Familiarize yourself with these laws, and you will have a ready and practical guide to live by: (Shulchan Aruch Even HaEzer, Chapter 21, Law 1)

(1) It is forbidden to look at a woman if she is dressed immodestly. (There are different laws regarding one's wife.)

(2) a. If you know of an area where immodestly dressed women are present, it is forbidden to enter this area. An alternative route must be taken.

b. If there is no alternative route, or the alternative route is impractical or costly, you are permitted to pass through the area providing you make every reasonable effort to avoid seeing

the immodest sights.

(3) It is forbidden to have thoughts of desire for any woman. (There are different laws regarding one's wife.)

(4) It is forbidden to derive pleasure from looking at the beauty of a woman, even if she is modestly dressed. (There are different laws regarding one's wife.)

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Re: This time will be better

Posted by Trouble - 28 Jan 2022 17:35

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[joetyh wrote on 27 Jan 2022 22:14:](#)

I was just by a question and answer session and someone asked the following question... "Everyone knows the good strawberry shortcake is always on the women side by the kiddush, is it a problem to walk in and grab a slice and walk out to enjoy it?" The Rabbi (he is not my Rebbi I was just going to hear what he says) was being very general the whole time but he said to this that it is absolutely not allowed. I've been taught here on GYE (unless I'm warping the theory) that if you train yourself not to sexualize women/girls there shouldn't be a problem walking in to grab a slice of cake (assuming it is accepted in that crowd, try doing that in a real chassidishe place you'll lose your head) as long as you're not sitting down with a girl to eat it.... am I wrong? am I missing something?

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you have been warping something, but good for you for going to such a shiur and for asking here. gye does not change, modify, add to or subtract from halachah. gye (i think) speaks to the mindset of people, and what would be beneficial to do or not to do in certain situations. gye cannot say that it is permitted to go on the other side of the mechitzah to get that piece of strawberry short cake (which, by the way, similar to that good looking woman you dream about, will not be as tasty as you initially thought); what they could say is that seeing women dressed

up (or down) should not affect you if you are working a productive program.

on the downside, there are no fresh strawberries here in nauru; as a matter of fact, no fruits or vegetables grow here on account of the poor soil; everything needs to be canned, refined or imported.

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Re: This time will be better

Posted by joetyh - 29 Jan 2022 18:07

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DAY 12!!!!

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Re: This time will be better

Posted by joetyh - 30 Jan 2022 11:32

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Hayom Yom 13!!!! tomorrow will be the 2 week mark that i have only hit once or twice like 2 years ago.... but we aint stoppin there!!!! next goal is 18 which is chai!!!

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Re: This time will be better

Posted by Human being - 30 Jan 2022 11:39

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Keep it up brother.

Whats your 2 week prize gonna be?

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Re: This time will be better

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Posted by joetyh - 30 Jan 2022 12:50

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i would love to go out for some good lunch but as of now that time is anyways being decided between my friends hakamas matzeiva and my coousins pidyon haben...

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Re: This time will be better

Posted by Human being - 30 Jan 2022 14:47

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So go out the next day :-)

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Re: This time will be better

Posted by joetyh - 31 Jan 2022 07:18

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2 Weeks!!!! 2 Weeks!!!! 2 Weeks!!!! That's 14 days!!!! Thanks You Hashem!!!!

GYE Chevra THANKS!!!!

Next small goal is chai/18!!!

I have never done more than 14 days since i started struggling....

This is where it gets crazy

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