

Trying to elevate my shmiras einayim
Posted by Dave M - 26 Dec 2018 17:27

Hello,

I am trying to elevate my level of shemiras anayim. B'H, I do not go on inappropriate website, as that is a red-line for me. I have installed one of the jewish filters on my home computer. However, at work, I find myself periodically looking at things I should not be looking at.

Sometimes this leads to MZ"L. About a year ago I joined this wonderful organization, GYE. Through reading the articles on GYE and getting the chizuk emails, I've made a lot of progress in this area to the point that I can go multiple weeks without "acting out". However, usually after a few weeks I will have a fall. What prompted me to post today was that recently I had a pretty bad "fall" which devastated me. It showed that I am unable to beat this challenge myself. I am hoping by interacting with the fellow members, I can pick myself back up and "stay up".

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Re: Trying to elevate my shmiras einayim
Posted by Dave M - 21 Jul 2021 19:35

TaPHSiC extended till Rosh Hashana

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Re: Trying to elevate my shmiras einayim
Posted by Dave M - 04 Aug 2021 12:31

Hi Chevra,

I had a slip yesterday. Looks at somethings I should not have. Posting here to help create some additional accountability.

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Re: Trying to elevate my shmiras einayim
Posted by Dave M - 06 Aug 2021 13:31

So, just had another slip by looking at something not very clean. Also, I started to touch myself, before stopping. From experience, I know these behavior are not good and can lead down a dangerous road. I'm not deluding myself into thinking "no big deal". So B"N I will post an update every day until next Shabbos. With Hashem help, we will get past this roadblock.

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Re: Trying to elevate my shmiras einayim
Posted by Dave M - 06 Aug 2021 20:36

So I'm a little surprise that I have to come back so soon to post, but an hour ago, I was hit with a mini-lust attack. Once this happens, logics goes out the window. Luckily, I had the right mind to walk away form the computer and run some errands until the lust subsided. It is incredible, how once under the spell, i was actually entertaining breaking my clean streak. A streak that I've worked so hard to achieve.... A gut shabbos. Im"h will post another update.

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Re: Trying to elevate my shmiras einayim
Posted by Dave M - 09 Aug 2021 00:28

Overall Shabbos/Sunday went well. Has some images pop in my thoughts, but tried not to focus on them. In general, the weekend are a lot easier since I generally do not spend much time by the computer. Will continue to check in daily this week.

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Re: Trying to elevate my shmiras einayim
Posted by Dave M - 09 Aug 2021 21:38

Today went well B'H.

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Re: Trying to elevate my shmiras einayim
Posted by Dave M - 11 Aug 2021 14:43

Monday and Tuesday went well, thank G-d

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Re: Trying to elevate my shmiras einayim
Posted by Dave M - 12 Aug 2021 12:25

Yesterday went well, B'H

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Re: Trying to elevate my shmiras einayim
Posted by YeshivaGuy - 05 Sep 2021 16:08

Hows it goin?

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Re: Trying to elevate my shmiras einayim
Posted by starting - 21 Oct 2021 20:02

Thinking of you

You're an inspiration, always good to read through parts of your thread... Would love to see the continuation

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Re: Trying to elevate my shmiras einayim
Posted by Dave M - 24 Nov 2021 23:48

Thanks Starting and YG for the kind messages.

Had a slip the past couple of days, so checking back in to strengthen myself. Will I'h post further thoughts later.

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Re: Trying to elevate my shmiras einayim
Posted by Dave M - 12 Jan 2022 00:06

Hi Chevra,

Sorry for not following up on my prior post. I had an another slip, which reminded me to get back on. Im"h will check in daily for the rest of this week to help get me back on track.

In general, I find that from time to time a thought will pop into my head "I've got this conquered". Usually within a few days I will feel the lust starting to expand within me and come to the harsh reality that this is a battle that will never truly go away. A battle that will constantly require fine tuning its strategy to overcome the oncoming challenges.

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Re: Trying to elevate my shmiras einayim
Posted by Dave M - 14 Jan 2022 16:57

B'H, past couple of days went well. Looking forward to Shabbos.

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Re: Trying to elevate my shmiras einayim
Posted by Dave M - 17 Jan 2022 01:36

Weekend went well thank G-d

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