

My Journey to 90 and Beyond. Chasing Purity
Posted by AStrugglingJew - 23 Oct 2019 20:49

Hi,

I have b"h reached 121 days, something that I am extremely proud of. I have for the most part employed filters and taphsic to keep myself in check.

My main issue now is that every few days i will have a day of extreme tayva where I will then try to give into that by having serious hirhurim or lusting over attractive women on the internet. I do not think i will actually fall because I remember how painful it was the last time I fell with a streak of similar length. Remembering that pain really keeps me and check. It was the worse decision of my life and hus brought much struggle to my life.

The Tayva is very hard because I am single and sometimes I feel like there is no immediate outlet besides giving in. I know it is extremely hard, and a high madrayga, but I am looking to control my tayva when it comes about and be able to subdue it and not fantasize. One of my main motivations is that I want to start dating soon (I am 20) and I want to have a super clean relationship with my future wife.

If anyone has any tips, that would be much appreciated. Sadly, I don't check GYE as much as I should, so if I don't reply right away it isn't because I don't appreciate it a ton, but rather because I am still working on inculcating GYE in my daily routine.

Thank you so much. Much Appreciated

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Re: My Journey to 90 and Beyond. Chasing Purity
Posted by Hashem Help Me - 23 Dec 2021 12:22

There is a common misconception that pornography is treif and dangerous; general secular movies and the like are sort of ok. Nothing could be farther from the truth. Typical movies, and many advertisements in the secular world are suggestive and arousing. Sometimes it is obvious; very often it is subtle. We are stuck with what is all over the streets, however we can choose what we see online. Searching for imagery that triggers would seem to fall under the

category of *megareh yetzer hara* and is included in *lo sasuru*. Guys who want to stay clean and not be constantly triggered need to do a reality check and come to terms that an extremely large percentage of what is available out there should be avoided. It may be a hard decision to make - to block access to so much stuff, but it is well worth it. Hatzlocha.

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Re: My Journey to 90 and Beyond. Chasing Purity
Posted by AStrugglingJew - 28 Dec 2021 03:19

Continuing to post positive feelings:

Feel really good with where I am at. At 9 days which is my longest streak in a while. Really excited to keep on building on this and to turn this into a good long streak where I can strengthen my ability to control my tayva.

Looking forward!!!

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Re: My Journey to 90 and Beyond. Chasing Purity
Posted by AStrugglingJew - 02 Jan 2022 16:58

Reached 14 days, which I feel so grateful and amazing about. My longest streak since October. It really feels so good!! It is crazy how much better you feel after breaking out of the day to day tayva that constantly drags you down.

My goal now is obviously to continue, and I am going to do this by trying to be extra careful with what my eyes see even if not clearly asur, rated X material (ex: on the street, mostly clean videos that have attractive women etc...)

Be"h this should help me continue staying clean and feeling kadosh

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Re: My Journey to 90 and Beyond. Chasing Purity
Posted by DavidT - 02 Jan 2022 17:16

[AStrugglingJew wrote on 02 Jan 2022 16:58:](#)

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Mazel Tov!

Keep it up and keep us posted on your exciting journey to freedom!

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Re: My Journey to 90 and Beyond. Chasing Purity
Posted by AStrugglingJew - 11 Feb 2022 01:41

I am so proud and ecstatic to announce that I am at 54 days clean. The attitude of positivity that I started this streak has clearly been effective. This is my longest streak in a very long time.

I came here now because I have been toeing the line a little bit lately and think I just need to remind myself how special it is to remain clean, how good I feel, how focused I am, and how proud of myself I am.

If you are seeing this and thinking, "wow, this dude is quite the baal gayva", I would ask that you just see some of my earlier on posts on the new approach that I am taking on this forum. I have found that focusing on the positives and the pride that we feel that comes with being clean is more motivating and helps remain being clean than focusing on all the negatives of falling.

Thank you so much to this whole community, I am very excited to be"n reach 90 days soon!!!

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Re: My Journey to 90 and Beyond. Chasing Purity
Posted by Vehkam - 11 Feb 2022 01:50

I agree it is good to share your successes keep it up

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Re: My Journey to 90 and Beyond. Chasing Purity
Posted by AStrugglingJew - 16 Feb 2022 23:48

59 days. I am so proud of myself.

Even when I have bad days, or things aren't necessarily going well (which at the moment they are not) it is so nice that I can find pride,pleasure, and menuchas hanefesh in the fact that I am doing well in my shmiras hanayim/bris and that I am on such an amazing streak.

I never want to revert back to where I was. The clarity achieved when tayva is not pulling at you every second is heavenly.

Thank you to HKBH and the whole community here for helping me get to this point. Really truly appreciate everybody here!!!

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Re: My Journey to 90 and Beyond. Chasing Purity
Posted by AStrugglingJew - 01 Apr 2022 02:15

Recently hit 90 days clean!!!!

I remember starting this journey and this day seemed so far. Keeping a positive attitude and focusing on the positives of staying clean was so beneficial and helped me so much.

Thank you to this whole community!! I could have not done it without the help of all the amazing people here.

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Re: My Journey to 90 and Beyond. Chasing Purity
Posted by DavidT - 01 Apr 2022 14:10

[AStrugglingJew wrote on 01 Apr 2022 02:15:](#)

Recently hit 90 days clean!!!!

I remember starting this journey and this day seemed so far. Keeping a positive attitude and focusing on the positives of staying clean was so beneficial and helped me so much.

Thank you to this whole community!! I could have not done it without the help of all the amazing people here.

Mazel Tov! May Hashem always be with you and you should have many many more clean, healthy and happy days ahead.

Just as you say that you could have not done it without the help of all the amazing people here, we would not be able to do it without you!

You're a great inspiration and role model for many of us here! keep it up!

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Re: My Journey to 90 and Beyond. Chasing Purity
Posted by iwillmanage - 03 Apr 2022 16:33

[AStrugglingJew wrote on 01 Apr 2022 02:15:](#)

Recently hit 90 days clean!!!!

MAZEL TOV!! I'm so happy you got there!

I've just read your entire thread and it would be unfair to withhold this from you. I've received a lot more chizuk and inspiration from reading this thread than any story or biography of a gadol. Struggles I can relate to, levels I can aspire to. I've even copied and pasted some of the beautifully inspiring and profoundly educational posts to refer back to. But I didn't manage to 'cut and paste' the strength of spirit, the powerful cheshek and teshuka to be pure, and the clarity you have to analyze your falls and pick yourself up stronger than before, that underlies your whole thread.

Our failures and struggles are opportunities that are sent to uncover the brilliant light that hides beneath them. These nisyonos give us purpose in life and propel us to greatness as is evident in your story. Remember the same is true with all difficulties, shidduchim included. Use them in the right way and you can come out with a closeness to Hashem and a level of bitochon that would not have been possible otherwise.

Keep on doing the best you can! Keep on being a beacon of light and an inspiration to us all!

May you only see yeshuos b'korov

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Re: My Journey to 90 and Beyond. Chasing Purity

Posted by tractatek - 17 Jan 2023 05:57

Read thread from beginning (Highly recommended).

ASJ, if ur still around the forums, then know that I'm really proud of u and I envy ur schar!!

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