

Aiming to be better. Introducing myself :)

Posted by EvedHashem1836 - 28 Jan 2021 21:27

Hey guys just wanted to get myself out on the forum- I saw a few people say that being on the forum is helpful so I figured I may as well try it out and what better way to get started than to introduce myself?

Im leaving for a yeshiva in Eretz Yisrael this coming Elul and my goal is to have enough control by the time I leave for yeshiva that I can go into yeshiva with a solid sense of control.

Im writing this as i recover from a fall i just had - i had 16 days clean and just fell, and writing this is actually pretty therapeutic. Prior to joining GYE my longest streak was 10 days as of this year (I've gone for 8 weeks longest probably) so GYE has been super helpful - this organization and everyone who helps in any way is truly incredible.

My issues are not so extreme in my opinion- I've never seen porn and dont feel myself being pulled towards that but I do suffer from mzl which almost always stems from embarrassing fantasies. I rarely feel that its impossible for me to stop - I've always had a lot of determination and at first I used to be helpless against my desires but now I almost *choose* to indulge myself but have the willpower to refuse, if that makes sense.

I dont have a filter on my phone but am working up courage to ask my parents for one - I hear netspark is good..

Thats all for now- excited to start being more active on the forum!

Eved Hashem

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Re: Aiming to be better. Introducing myself :)

Posted by EvedHashem1836 - 05 Mar 2021 22:19

Wishing everyone a heilige Shabbos!

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Re: Aiming to be better. Introducing myself :)
Posted by EvedHashem1836 - 09 Mar 2021 03:48

Double chai!!

(36 days)

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Re: Aiming to be better. Introducing myself :)
Posted by happyid - 09 Mar 2021 04:42

Great job!

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Re: Aiming to be better. Introducing myself :)
Posted by EvedHashem1836 - 09 Mar 2021 04:48

happyid Nice - Mazal Tov!

Recently i guess I've been getting cocky and have been more on YouTube but haven't been nichshal so I tell myself its ok but I know eventually I will slip.

Someone please convince me to stop and revert to my old youtube free ways!!

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Re: Aiming to be better. Introducing myself :)
Posted by Benoni - 09 Mar 2021 04:56

Idk if I can convince you to stop because I tried for years to convince myself without any success. Maybe I can convince you, though, to get a filter that you can block youtube with. Once I installed a filter on my phone that blocked youtube, netflix, etc., my screen time went down **exponentially**. Can't recommend it enough and there are many gedolim who agree.

Anyways, best of luck and feel free to reach out to me anytime bc I also struggle with that kinda thing

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Re: Aiming to be better. Introducing myself :)
Posted by Hashem Help Me - 09 Mar 2021 12:19

Mazel tov to both of you double chai guys. keep it up!

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Re: Aiming to be better. Introducing myself :)
Posted by EvedHashem1836 - 09 Mar 2021 23:06

Was just thinking.

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Re: Aiming to be better. Introducing myself :)
Posted by Striving Avreich - 09 Mar 2021 23:12

(The message that I responded to was changed)

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Re: Aiming to be better. Introducing myself :)
Posted by EvedHashem1836 - 09 Mar 2021 23:19

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Re: Aiming to be better. Introducing myself :)
Posted by Striving Avreich - 09 Mar 2021 23:20

You can report yourself to the moderator on that message...

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Re: Aiming to be better. Introducing myself :)
Posted by Grant400 - 09 Mar 2021 23:44

[EvedHashem1836 wrote on 09 Mar 2021 23:19:](#)

I was saying just davka on day 89 but after thought I think it was likely an insensitive comment I just can't delete it now so please ignore it

You can edit your message, and delete the text.

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Re: Aiming to be better. Introducing myself :)
Posted by happyyid - 10 Mar 2021 01:04

[EvedHashem1836 wrote on 09 Mar 2021 04:48:](#)

happyid Nice - Mazal Tov!

Recently i guess I've been getting cocky and have been more on YouTube but haven't been nichshal so I tell myself its ok but I know eventually I will slip.

Someone please convince me to stop and revert to my old youtube free ways!!

There were so many times that I would tell myself that I could just watch clean stuff on YouTube, but most of the time I would end up watching bad stuff and many of those times I fell... I stopped watching YouTube without wife supervision. Its just really not worth it.

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Re: Aiming to be better. Introducing myself :)
Posted by DavidT - 10 Mar 2021 03:46

Even with a filter, if we spend our time on non-Jewish news and entertainment websites, we're bound to see many things we shouldn't. And one thing leads to another. Spending time on sites like Youtube, Facebook, Instagram (or even news sites like CNN and Fox News) are risky. It's inevitable that we'll stumble in shmiras einayim.

Once we are standing at the edge of the cliff, we are very vulnerable to falling off of it. Instead, we must stay as far away from the edge of the cliff as possible. Therefore, one of the most powerful tools in this struggle is making good fences.

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Re: Aiming to be better. Introducing myself :)
Posted by EvedHashem1836 - 15 Mar 2021 00:16

Almost half way there!

BezH 90 days by shavuos

I've been very good recently until today where ive seen many triggering things and had the urge to act out (the urge has not yet subsided which is why I am writing this so I understand logically that if I act out now ill regret it)

My ultimate goal is to have 90 days by elul so my yetzer tells me I can act out now and still readh that

Already feeling better by j writing this out

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