

GYE - Guard Your Eyes

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Restarting my journey... Again

Posted by sunnyswan68 - 25 Nov 2024 16:00

I cant believe I'm posting here but here goes.

I'm 20 years old and have been struggling with porn and masturbation since I was 10. I had some good streaks, although it never lasts more than a month. Recently (as in the last few years) I haven't been able to go more than a few days. I went to israel and decided to restart my journey and now I'm at 22 clean days. I'm trying to use the gye programs but they really don't speak to me. Don't even know why I'm posting this. I've tried just about everything to stop, nothing really works for me. I set a goal for 90 days, but taking it one day at a time. Hoping this time will be different!

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Re: Restarting my journey... Again

Posted by hopefulposek - 13 Dec 2024 00:06

And another idea that just popped into my head to share, if you're not taking care of things you should be doing, start doing that. Make a to do list and check things off. Life is busy for everyone, everyone has many things they B'etzem should be doing but ignore and push off, try viewing yourself as the super awesome accomplishing person that you are (v'ha raiyah you are working on overcoming a tremendous abttle and making headway) and get to work taking completing the other myriad of positive and productive things you could/should be doing.

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Re: Restarting my journey... Again

Posted by sunnyswan6 - 15 Dec 2024 23:01

still clean though!

Hopefully tomorrow will be better

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Re: Restarting my journey... Again

Posted by stopsurvivingstartliving - 16 Dec 2024 02:40

[sunnyswan6 wrote on 15 Dec 2024 23:01:](#)

still clean though!

Hopefully tomorrow will be better

You may have meant it just to grump but you really complimented yourself. The hardest times to stay clean is at moments that your unproductive and don't feel good about yourself. Keep it up buddy!

Today was a rough day. Super unproductive, my mind was out of control

Inspired by @amevakesh who told me the same when I posted that I was unproductive.

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Re: Restarting my journey... Again
Posted by sunnyswan6 - 17 Dec 2024 08:38

Day 45 - halfway there!

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Re: Restarting my journey... Again
Posted by jollylemur95 - 17 Dec 2024 14:10

WOW!!!

Super accomplishment!

I get chizuk seeing your posts on your progress. I am sure there are others who feel the same!

Keep it up!!

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Re: Restarting my journey... Again
Posted by sunnyswan6 - 01 Jan 2025 11:51

60 days clean!!!

Honestly never thought this was possible, but here I am. For some reason, the past week was super easy, not sure why. Almost at my goal, which feels amazing, have to keep reminding myself to take it one day at a time.

For the next 2 weeks im gonna challenge myself to be careful with shmiras einayim in general, something that I don't know if I've ever done. Being in Israel it's harder for some reason, but I'm gonna try

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Re: Restarting my journey... Again
Posted by odyossefchai - 01 Jan 2025 11:57

[sunnyswan6 wrote on 01 Jan 2025 11:51:](#)

60 days clean!!!

Honestly never thought this was possible, but here I am. For some reason, the past week was super easy, not sure why. Almost at my goal, which feels amazing, have to keep reminding myself to take it one day at a time.

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Wow you are a gibbor!

I saw earlier that you wrote it's easier because you are in Israel. Now you are writing that it's harder because you are in Israel!

Us (ex) pervs, have conflicting thoughts! I'm glad it's not only me!

May Hashem help you continue on your amazing journey.

Ah freilichen zos Chanukah (it's almost lighting time in Israel)

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Re: Restarting my journey... Again
Posted by sunnyswan6 - 01 Jan 2025 12:40

I meant the struggle with porn is easier, but regular shmiras einayim feels much harder

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Re: Restarting my journey... Again
Posted by odyossefchai - 01 Jan 2025 13:57

[sunnyswan6 wrote on 01 Jan 2025 12:40:](#)

I meant the struggle with porn is easier, but regular shmiras einayim feels much harder

Yup. It's a tough challenge

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Re: Restarting my journey... Again
Posted by BenHashemBH - 01 Jan 2025 15:55

[sunnyswan6 wrote on 01 Jan 2025 12:40:](#)

I meant the struggle with porn is easier, but regular shmiras einayim feels much harder

Shalom Brother,

Yaasher Koach on 60 days! That's an incredible accomplishment!

Could you elaborate on those feelings? what specifically about shemiras einayim **feels** harder?

Kol tov

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Re: Restarting my journey... Again
Posted by sunnyswan6 - 06 Jan 2025 13:47

Starting to think that this kabbalah was a bad idea. Used to be I would see something and that was it, sometimes I fell sometimes not, now it became a huge focus and I think about it much more. I'm still going to finish my Kabalah but I think it's more harmful than not

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Re: Restarting my journey... Again
Posted by BenHashemBH - 06 Jan 2025 14:24

[sunnyswan6 wrote on 06 Jan 2025 13:47:](#)

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I applaud your self-awareness. Everyone is different and you have to find the things that work for you.

Perhaps you might try a more positive angle? When you don't look, try to acknowledge that success and say a quick tefilla. "Thank you Hashem and please continue to help me choose kedusha when I can."

Hatzlacha and Kol Tov.

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Re: Restarting my journey... Again
Posted by jollylemur95 - 06 Jan 2025 14:55

[sunnyswan6 wrote on 06 Jan 2025 13:47:](#)

Starting to think that this kabbalah was a bad idea. Used to be I would see something and that was it, sometimes I fell sometimes not, now it became a huge focus and I think about it much more. I'm still going to finish my Kabbalah but I think it's more harmful than not

I hear you completely.

A little while back I made an internal kabbala (b"n) to be completely clean in all inyanei kedusha. (Obviously p & m but shmiras einayim and shmiras hamachshava as well) I went 12 days but I felt it was too much pressure with other stressful things going on in my life. I stopped the kabala though not stopping the zehirus in these inyanim and it definitely relieved the pressure somewhat. A kabala is a good thing as long as it works for you internally. If not try to continue to be careful without it. You might find it easier to deal with the nisayon without the added pressure of a kabala that can sometimes feel like an all or nothing game.

Hatzlacha!

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Re: Restarting my journey... Again
Posted by sunnyswan6 - 11 Jan 2025 20:39

Day 70!!

I can't believe I got this far after nearly ten years of struggling with this. It has gotten easier over the past few weeks. And only 3 days left till my horrible Kabbalah

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