SEPARATE COUNTS FOR DIFFERENT CATEGORIES
Posted by shivisi - 14 Jul 2014 11:55

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After 150 days!! of no falls and very few slips, [Since I joined GYE], I was confronted with a challenge which had as of yet not come up since I started the count. It was about reading an article about a woman who used to be a highly paid prostitute and after almost being killed by a customer, she quit, and decided to do research on the psychology of her former clients, she called them and interviewed them etc.

I know that the only reason I read the article was because of the triggers which it contained. During the reading I did think a few times that "I shouldn't be reading this type of material", but unfortunately I just continued to read it through to the end.

BH I did not come to any physical acting out through the article.

After much debating, I made the decision NOT to reset my count completely, but I decided to start a new "categorized" count. This means I made my own chart and divided into different sections.

There's a section for for physical acting out, [which has subsections for various "stages" of A.O.].

There's a section for *shmiras einayim* [Guard Your Eyes], which is divided into subsections of "live Triggers" and "Triggering photos" [online or outside billboards or in other printed matter - and another section for printed matter without photographs.

The reason why I did this is because I feel that although I may have slipped/fallen in one area I don't have to see this as a general failure, but it can be a "categorical fail", while keeping up my progress count in the other areas.

I think this method might be helpful to other guys here too.

After thinking about this, I decided to take this even a step further.

I have a column next to each section, which is for me to keep a note, in case I did fall, whether was an intentional slip/fall, or a second look etc.

If I had a challenge and I withstood it, I'll make a note of the strength of it [1-5], and what tools I used against it.

I feel that by keeping track of my progress in the various categories, I gain 2 things, 1- as I wrote above I still have the encouragement of the areas where I have not yet fallen, and 2- that I can learn from the experience how to stay alert in each area and what tools I can use to help me succeed.

This part is a bit more detailed, so if anyone wants to they can use just the first idea of keeping separate counts for different areas of challenge.

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Re: SEPARATE COUNTS FOR DIFFERENT CATEGORIES
Posted by ineedchizuk - 14 Jul 2014 12:02
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Glad to hear that limaase you didn't act out!

Whatever works for you- Gevaldig!

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Re: SEPARATE COUNTS FOR DIFFERENT CATEGORIES
Posted by MBJ - 14 Jul 2014 14:57
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I would think it may be over the top and too obsessive, especially since counting should be a 'oh look how much time has gone by' kind of thing. But maybe it is just what you need.

Let us know how you are doing with it.

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Re: SEPARATE COUNTS FOR DIFFERENT CATEGORIES
Posted by ewards - 14 Jul 2014 18:09
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shivis,

LOl that sounds like a good idea (for a list maker like me) i sorta do that in my mind but no chart yet .I will keep it in mind .

thanks swards

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Re: SEPARATE COUNTS FOR DIFFERENT CATEGORIES
Posted by gibbor120 - 14 Jul 2014 20:18

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Keep it simple.

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Re: SEPARATE COUNTS FOR DIFFERENT CATEGORIES
Posted by ewards - 15 Jul 2014 01:42

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LOL gibbor i like simple also but if shivs likes it go for it , What ever it takes

ewards

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Re: SEPARATE COUNTS FOR DIFFERENT CATEGORIES
Posted by dms1234 - 15 Jul 2014 03:39

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I was speaking with a fellow GYEr last year and he commented on a proposed strategy that basically made a game out of "out of how many times do i not look at a girl." He told me that this isn't a good strategy because its holding our breath. In that we are actively and constantly trying not to look and not actually recovering.

I think this is the same. Its just holding our breath. As it is, i don't like the 90 day challenge because it makes recovery into a challenge not plain recovery. It may be boring but i works. Sorry folks.

Also all this labelling is confusing and even if we do fall, we shouldn't really care. We should just keep moving right a long and continue our *actual*recovery plan.

My thoughts. If it works for you, it works. if it makes you crazy, it makes you crazy.

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Re: SEPARATE COUNTS FOR DIFFERENT CATEGORIES
Posted by ewards - 15 Jul 2014 04:02
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dms

I see your point and well taken thanks for the insite and you don't need to be sorry (a real good point and I receive it) thanks

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Re: SEPARATE COUNTS FOR DIFFERENT CATEGORIES
Posted by shivisi - 15 Jul 2014 07:48
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[dms1234 wrote](#)**:**

it makes recovery into a challenge not plain recovery. Sorry folks.

Recovery **IS** a challenge and NOTHING can change that!!!!!

[dms1234 wrote](#)**:**

Also all this labeling is confusing...

Maybe to you, to me it's exactly the opposite!

It makes order out of things so I have a clear picture of where I stand.

[dms1234 wrote](#)**:**

and even if we do fall, we shouldn't really care.

I agree that we should't let afall impede out progress,but rather use it as a tool to learn from, but saying "we shouldn't care" is IMHO wrong. The reason I am here is BECAUSE I DO care about a fall, if I didn't I would fall right back into "AO Hell" (please don't sue me AOL, I used to be one of your greatest participants until gchat wiped you off the face of the screen).

[dms1234 wrote](#)**:**

We should just keep moving right a long and continue our *actual*recovery plan.

Sure we must continue our recovery plan, this is very much a part of my actual recovery plan, I do it so that I can see where I'm at so I know where I need to go from here.

[dms1234 wrote](#)**:**

My thoughts. If it works for you, it works. if it makes you crazy, it makes you crazy.

Sometimes that which "makes us crazy" works best!

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Re: SEPARATE COUNTS FOR DIFFERENT CATEGORIES
Posted by dms1234 - 15 Jul 2014 16:00

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OOPS! I should have been more specific. I don't mean we shouldn't really care in that we should have apathy. I agree we just learn fom every fall.

I mean we shouldn't take it so hard. We sometimes get depressed and it really brings us down and digs us into a deeper whole. I think we must learn from our fall and then right away keep going. Not dwell on past falls so much.

Shivs, like I said, whatever works for you. But in my expierience is that the simplest I make recovery the better and the more I concentrate on living life and not on not falling the better.

Plus, I am a perfectionist and I love planning and calculating and thinking. Too much scheduling and not enough doing.

Anyhow, Bhatzlacha!

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Re: SEPARATE COUNTS FOR DIFFERENT CATEGORIES
Posted by dms1234 - 15 Jul 2014 16:09

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Forgot one thing. One of my biggest pet peeves is making recovery into a challenge or a war. Something we have to beat. Sometimes it works as a good moshul but for me (if it works for you then fine) it is completely destructive.

I must realize I am completely powerless against the yetzer. I can't win. If I so much as enter the ring I am done. First sip right? Therefore, I try to avoid the fight.

Getting all fired up doesn't work for me. I need calmness, tranquility. I need to calm down. I am so uptight and stressed. I need to calm down and realize Hashem loves me, cares for me and BELIEVES in me.

Then I carry on through my day.

. Even if they would approve to let me learn all day than to let me place a hand on a gun.

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Re: SEPARATE COUNTS FOR DIFFERENT CATEGORIES
Posted by gibbor120 - 16 Jul 2014 00:15
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too much thinking.

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For the most part, recovery is about learning to live, and not being obessed. Being obsessed

My experiences! I have always said that the idf is lucky I am not a soldier

But hey, it will either work or it won't.

Let us know either way.

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Re: SEPARATE COUNTS FOR DIFFERENT CATEGORIES
Posted by Snuck - 18 Jul 2014 03:37

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Shvisi & DMS, you guys both have valid points, I don't know which to choose/try.

G__D Luck to all.

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Re: SEPARATE COUNTS FOR DIFFERENT CATEGORIES
Posted by shivisi - 20 Jul 2014 10:45

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[Snuck wrote](#)**:**

Shvisi & DMS, you guys both have valid points, I don't know which to choose/try.

You can try one way and if it doesn't work for you then try the other.

That's the one thing we both agree on, that the best way is the way **THAT WORKS FOR YOU**!

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using 'PMO Tracker' for multiple separate counters
Posted by Yesodi - 10 Mar 2016 00:08

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[shivisi wrote on 14 Jul 2014 11:55](#)**:**

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It should theoretically be possible to do this using the nice (and free!) "**PMO Tracker app**" that can be accessed at **http://pmo-tracker.appspot.com**. [FYI: "[b]PMO[/b]" stands for "**P**orn", "**M**asturbation", and "**O**rgasm."]

By visiting that URL while logged in to your **Google** account, you can configure one or more counters, obtaining embeddable "BBCode" for each.

Thus, the following:

?http://pmo-tracker.appspot.com/img?u=4804316074344448

http://pmo-tracker.appspot.com/img?u=5947593553084416

http://pmo-tracker.appspot.com/img?u=5930215981187072

Shows up as:

?http://pmo-tracker.appspot.com/img?u=4804316074344448

http://pmo-tracker.appspot.com/img?u=5947593553084416

http://pmo-tracker.appspot.com/img?u=5930215981187072

FYI: this "**PMO Tracker app**" is a tool very commonly used on the **NoFap.com** site, but is a "totally independent independent project" that is not officially associated with any specific forum.

I tried embedding this into my signature here at the GYE forums, and -- for some reason -- this Kunena-based website is **not showing any images inside signatures**.

==[FYI][=]====================

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