

How I made it to 140 days clean

Posted by Dave M - 16 May 2019 23:45

---

Before I share what works for me, I want to thank this wonderful organization from the bottom of my heart for the amazing things it has accomplished. Without the GYE community, I would be lost as I try to navigate this increasingly insane world.

A little background on my struggle. Since I was a teenager, I always struggled with M"ZL. B"H, since I was away in yeshiva during my high school and bais medrash years, my access to the internet was always limited. As such, viewing inappropriate websites was not something I really struggled with. After I got married, I spent a few years in Kollel. During this time, we did not have internet in our home. However, I always struggle with M"ZL. I realized, that getting married, sadly does not cure us from these nisyonos. When I left Kollel to go to work, that's when things started to get very challenging. As my job necessitate the use of a computer, I now had to fight the urge to refrain from viewing inappropriate materials. It's amazing how very few websites are completely clean. Many "innocent" websites have advertisement or links to other sites that can lead to a dangerous path.

At first, the spiral started by viewing images that were not clean, although technically not porn. Not surprisingly, eventually this led to viewing more explicit materials. The feeling of hopelessness and despair that I felt was horrible. I was losing control. How can I look at my wonderful wife and kids after the things I've seen?

Around two years ago, by some miracle I discovered GYE. The feeling of relief was palpable. I finally discovered a whole community of people with the same struggle. GYE provided a map, guidelines, and perspectives on how to approach this nisayon. The GYE handbook is a remarkable compilation of advice and how to have the proper attitude when approaching these nisyonos. Joining the 90-days challenge helped too. I was successful in making great progress in shmiras einayim and cutting down on the amount of times I was M"ZL. I would have nice stretches of 30-40 clean days. However, I would eventually fall. Then comes the feeling of guilt and nothingness. But I kept on trying and davening to Hashem to pull me out of this black hole.

B"H, I'm now holding at 140 days clean. I recognize that there are different levels of addictions and lust related behavior. Everyone has their challenge. No 2 challenges are alike. But I wanted to share with the rest of the GYE community what has worked for me to help me reach this milestone. Some may seem obvious, but it took me a long time to internalize them.

1. For me, the key to this battle is avoiding triggering situations and putting up the necessary fences to help protect me from falling. Below are some examples that are applicable to myself:
  - I do not own a smartphone. Yes, this has caused some inconvenience and believe me, I do get asked some uncomfortable questions on why I'm "not with

- the times". But I don't care what people think. For me, having a smartphone will just be too dangerous. I cannot risk it. Perhaps down the road, it will be unavoidable, and I will need it for work, etc. But for now, no thank you.
- I stay off social media.
  - At work, there are multiple ways to get to my desk. Some routes have women who don't always dress appropriately. I try to avoid those routes.
  - Up until last year, I used an older free filter on my personal computer. Besides it having an adverse effect on the functionalities of my computer, It was not a very strong filter and had many loopholes. After one of my bad falls, I finally upgraded to a much stronger filter. It is one of the best \$140 I've ever spent.
2. Do not even start "acting out", thinking that I'll be able to stop before I fall. It's a ploy by the yezter hara. Even if I resist now, it will fester and grow stronger, until eventually I cannot hold back anymore.
  3. Besides working on not giving in and being careful what I look at, I realized that it is just as important to work on my "kedusha" and growing as a yid. One small area where I made changes was listening to shiurim during my commute, instead of the radio. One series of shiurim that were a lifesaver is "The Fight" by Rabbi Shafier. These shiurim discusses how to overcome the nisyonos we are faced with. It can be downloaded for free at the following link <https://theshmuz.com/series/the-fight/>
  4. Utilizing the resources on GYE:
    - Reading the daily chizuk emails
    - Posting on the forum and reading/responding to other people's post
    - Reading and Reviewing the GYE handbook. This is an incredible handbook!
  5. Of course to always and keep davening to Hashem to help us overcome this nisayon.

As an aside, one of the great chiddushim GYE came up with was the concept of "hitting rock bottom while on top". The earlier one hears the "wake up call" the easier it will be to climb out of this dark hole. I find that after having a bad fall, there will be a short period of guilt, shame, and humiliation. This feeling can go two ways. Either it can be used to beat us up and give up hope or it can be used as a burst of inspiration to change. It is important to not let this moment slip by without making real changes to one's behavior.

One more point/suggestion I want to make. Chazal tells us that when one davens for his friend, he will be answered first. There have sprung up organizations that were created around this concept. Such as matching up older singles to daven that each one should find his/her zivug or childless couples davening for one other to have children. Many times, when reading a first timer's post that describe their pain that this addiction had caused, I cry. I may not know that person, but I feel his pain. I recently started davening to Hashem to help all the members of the GYE community to overcome their challenge. Perhaps this is something we as a whole can adopt.

I know that I still have a long road ahead of me and can never let my guard down. The yetzer hara is constantly working and coming up with new methods to get me to fall. I still have moments when I feel my resolve weakening and have come close to falling. But with Hashem help, I, along with the rest of the GYE community, will persevere and win this battle.

=====

=====

Re: How I made it to 140 days clean  
Posted by the.guard - 19 May 2019 18:37

---

Mazal Tov! Beautiful. I will try and share in a chizuk email be"h. May you go *Mechayil el Choyil!*

By the way, today, Pesach Sheini, is exactly 10 years to the day from when I put out the GYE handbook. I remember being up all night typing and retyping... and davening early in the morning after having sent out the announcement to all our members... So it's so nice to see how even 10 years on it's still helping people, as you wrote that one of the things that helped you was:

"Reading and Reviewing the GYE handbook. This is an incredible handbook!"

On another note, you wrote how the series called "The Fight" helped you as well. We have this up on our site at [guardyoureyes.com/thefight](http://guardyoureyes.com/thefight) and we partnered with Rabbi Shafier to give out tens of thousands of free CD's of the series in the mountains during the summer, a few years ago.

Keep up the good work!

=====

=====

Re: How I made it to 140 days clean  
Posted by Hashem Help Me - 20 May 2019 11:19

---

Thank you for your most inspiring post! It shows how if we really want, we can b'ezras Hashem turn our lives around. May Hashem help you continue growing and growing and inspiring the rest of us.

=====

=====

Re: How I made it to 140 days clean  
Posted by the.guard - 20 May 2019 12:38

---

It's currently the feature article on our homepage: <https://guardyoureyes.com/>

[:blush:](#)

=====

=====

Re: How I made it to 140 days clean  
Posted by Vayimaein - 25 Aug 2020 03:11

---

Thank you thank you thank you for such practical advice, I just downloaded the fight series onto my phone. Thanks for giving me the burst of inspiration I needed to make real changes! HKBH should give you tremendous Siyata Dishmaya to continue building yourself up in this area and others, and you should see the rewards of your struggle even in this lifetime!!!!

=====

=====

Re: How I made it to 140 days clean  
Posted by Dave M - 25 Aug 2020 14:37

---

[Vayimaein wrote on 25 Aug 2020 03:11:](#)

Thank you thank you thank you for such practical advice, I just downloaded the fight series onto my phone. Thanks for giving me the burst of inspiration I needed to make real changes! HKBH should give you tremendous Siyata Dishmaya to continue building yourself up in this area and others, and you should see the rewards of your struggle even in this lifetime!!!!

Thank you for your feedback. It's so nice and inspiring to see that a post that was written 1.5 years ago can still have a ripple effect. I see that this was your first post. Why don't you open up your own thread under the "Introduce Yourself" section and tell us about your struggles and what you hope to accomplish.

=====

=====

Re: How I made it to 140 days clean  
Posted by Vayimaein - 27 Aug 2020 01:06

---

Ah dunno. Menachem has been helping me out, but dunno if I'm ready for that. bH though, I've been clean since I started listening to the fight- and even if I fall, It's given me quite an introduction into how the fight really works. Including the bloody punches to the face which daze you, because we're MADE to fight. He (-don't think they've mentioned his name, though I believe I recognize his voice from some of the GYE broadcasts; anyways, he's) a brilliant speaker. bH I found your post, I've been driving to and from work with that on, and it's awesome.

=====

Re: How I made it to 140 days clean  
Posted by wilnevergiveup - 27 Aug 2020 04:12

---

"The Fight" is by Rabbi Shafier, if that's what you meant.

=====

Re: How I made it to 140 days clean  
Posted by YeshivaGuy - 20 Dec 2020 01:09

---

[Dave M wrote on 16 May 2019 23:45:](#)

Before I share what works for me, I want to thank this wonderful organization from the bottom of my heart for the amazing things it has accomplished. Without the GYE community, I would be lost as I try to navigate this increasingly insane world.

A little background on my struggle. Since I was a teenager, I always struggled with M"ZL. B'H, since I was away in yeshiva during my high school and bais medrash years, my access to the internet was always limited. As such, viewing inappropriate websites was not something I really struggled with. After I got married, I spent a few years in Kollel. During this time, we did not have internet in our home. However, I always struggle with M"ZL. I realized, that getting married, sadly does not cure us from these nisyonos. When I left Kollel to go to work, that's when things started to get very challenging. As my job necessitate the use of a computer, I now

had to fight the urge to refrain from viewing inappropriate materials. It's amazing how very few websites are completely clean. Many "innocent" websites have advertisement or links to other sites that can lead to a dangerous path.

At first, the spiral started by viewing images that were not clean, although technically not porn. Not surprisingly, eventually this led to viewing more explicit materials. The feeling of hopelessness and despair that I felt was horrible. I was losing control. How can I look at my wonderful wife and kids after the things I've seen?

Around two years ago, by some miracle I discovered GYE. The feeling of relief was palpable. I finally discovered a whole community of people with the same struggle. GYE provided a map, guidelines, and perspectives on how to approach this nisayon. The GYE handbook is a remarkable compilation of advice and how to have the proper attitude when approaching these nisyonos. Joining the 90-days challenge helped too. I was successful in making great progress in shmiras einayim and cutting down on the amount of times I was M"ZL. I would have nice stretches of 30-40 clean days. However, I would eventually fall. Then comes the feeling of guilt and nothingness. But I kept on trying and davening to Hashem to pull me out of this black hole.

B"H, I'm now holding at 140 days clean. I recognize that there are different levels of addictions and lust related behavior. Everyone has their challenge. No 2 challenges are alike. But I wanted to share with the rest of the GYE community what has worked for me to help me reach this milestone. Some may seem obvious, but it took me a long time to internalize them.

1. For me, the key to this battle is avoiding triggering situations and putting up the necessary fences to help protect me from falling. Below are some examples that are applicable to myself:
  - I do not own a smartphone. Yes, this has caused some inconvenience and believe me, I do get asked some uncomfortable questions on why I'm "not with the times". But I don't care what people think. For me, having a smartphone will just be too dangerous. I cannot risk it. Perhaps down the road, it will be unavoidable, and I will need it for work, etc. But for now, no thank you.
  - I stay off social media.
  - At work, there are multiple ways to get to my desk. Some routes have women who don't always dress appropriately. I try to avoid those routes.
  - Up until last year, I used an older free filter on my personal computer. Besides it having an adverse effect on the functionalities of my computer, It was not a very strong filter and had many loopholes. After one of my bad falls, I finally upgraded to a much stronger filter. It is one of the best \$140 I've ever spent.
2. Do not even start "acting out", thinking that I'll be able to stop before I fall. It's a ploy by the yezter hara. Even if I resist now, it will fester and grow stronger, until eventually I cannot hold back anymore.
3. Besides working on not giving in and being careful what I look at, I realized that it is just as important to work on my "kedusha" and growing as a yid. One small area where I made changes was listening to shiurim during my commute, instead of the radio. One series of shiurim that were a lifesaver is "The Fight" by Rabbi Shafier. These shiurim

discusses how to overcome the nisyonos we are faced with. It can be downloaded for free at the following link <https://theshmuz.com/series/the-fight/>

4. Utilizing the resources on GYE:

- Reading the daily chizuk emails
- Posting on the forum and reading/responding to other people's post
- Reading and Reviewing the GYE handbook. This is an incredible handbook!

5. Of course to always and keep davening to Hashem to help us overcome this nisayon.

As an aside, one of the great chiddushim GYE came up with was the concept of "hitting rock bottom while on top". The earlier one hears the "wake up call" the easier it will be to climb out of this dark hole. I find that after having a bad fall, there will be a short period of guilt, shame, and humiliation. This feeling can go two ways. Either it can be used to beat us up and give up hope or it can be used as a burst of inspiration to change. It is important to not let this moment slip by without making real changes to one's behavior.

One more point/suggestion I want to make. Chazal tells us that when one davens for his friend, he will be answered first. There have sprung up organizations that were created around this concept. Such as matching up older singles to daven that each one should find his/her zivug or childless couples davening for one other to have children. Many times, when reading a first timer's post that describe their pain that this addiction had caused, I cry. I may not know that person, but I feel his pain. I recently started davening to Hashem to help all the members of the GYE community to overcome their challenge. Perhaps this is something we as a whole can adopt.

I know that I still have a long road ahead of me and can never let my guard down. The yetzer hara is constantly working and coming up with new methods to get me to fall. I still have moments when I feel my resolve weakening and have come close to falling. But with Hashem help, I, along with the rest of the GYE community, will persevere and win this battle.

Amazing! YOU ARE MY ROLE MODEL!!

=====

=====

Re: How I made it to 140 days clean  
Posted by Smokey - 08 Jul 2021 05:35

---

really inspiring and a motivation for me!

=====

=====

Re: How I made it to 140 days clean  
Posted by Dave M - 27 May 2022 19:12

---

[Dave M wrote on 16 May 2019 23:45:](#)

Before I share what works for me, I want to thank this wonderful organization from the bottom of my heart for the amazing things it has accomplished. Without the GYE community, I would be lost as I try to navigate this increasingly insane world.

A little background on my struggle. Since I was a teenager, I always struggled with M"ZL. B"H, since I was away in yeshiva during my high school and bais medrash years, my access to the internet was always limited. As such, viewing inappropriate websites was not something I really struggled with. After I got married, I spent a few years in Kollel. During this time, we did not have internet in our home. However, I always struggle with M"ZL. I realized, that getting married, sadly does not cure us from these nisyonos. When I left Kollel to go to work, that's when things started to get very challenging. As my job necessitate the use of a computer, I now had to fight the urge to refrain from viewing inappropriate materials. It's amazing how very few websites are completely clean. Many "innocent" websites have advertisement or links to other sites that can lead to a dangerous path.

At first, the spiral started by viewing images that were not clean, although technically not porn. Not surprisingly, eventually this led to viewing more explicit materials. The feeling of hopelessness and despair that I felt was horrible. I was losing control. How can I look at my wonderful wife and kids after the things I've seen?

Around two years ago, by some miracle I discovered GYE. The feeling of relief was palpable. I finally discovered a whole community of people with the same struggle. GYE provided a map, guidelines, and perspectives on how to approach this nisayon. The GYE handbook is a remarkable compilation of advice and how to have the proper attitude when approaching these nisyonos. Joining the 90-days challenge helped too. I was successful in making great progress in shmiras einayim and cutting down on the amount of times I was M"ZL. I would have nice stretches of 30-40 clean days. However, I would eventually fall. Then comes the feeling of guilt and nothingness. But I kept on trying and davening to Hashem to pull me out of this black hole.

B"H, I'm now holding at 140 days clean. I recognize that there are different levels of addictions and lust related behavior. Everyone has their challenge. No 2 challenges are alike. But I wanted to share with the rest of the GYE community what has worked for me to help me reach this milestone. Some may seem obvious, but it took me a long time to internalize them.

1. For me, the key to this battle is avoiding triggering situations and putting up the necessary fences to help protect me from falling. Below are some examples that are applicable to myself:



- I do not own a smartphone. Yes, this has caused some inconvenience and believe me, I do get asked some uncomfortable questions on why I'm "not with the times". But I don't care what people think. For me, having a smartphone will just be too dangerous. I cannot risk it. Perhaps down the road, it will be unavoidable, and I will need it for work, etc. But for now, no thank you.
  - I stay off social media.
  - At work, there are multiple ways to get to my desk. Some routes have women who don't always dress appropriately. I try to avoid those routes.
  - Up until last year, I used an older free filter on my personal computer. Besides it having an adverse effect on the functionalities of my computer, It was not a very strong filter and had many loopholes. After one of my bad falls, I finally upgraded to a much stronger filter. It is one of the best \$140 I've ever spent.
2. Do not even start "acting out", thinking that I'll be able to stop before I fall. It's a ploy by the yetzer hara. Even if I resist now, it will fester and grow stronger, until eventually I cannot hold back anymore.
  3. Besides working on not giving in and being careful what I look at, I realized that it is just as important to work on my "kedusha" and growing as a yid. One small area where I made changes was listening to shiurim during my commute, instead of the radio. One series of shiurim that were a lifesaver is "The Fight" by Rabbi Shafier. These shiurim discusses how to overcome the nisyonos we are faced with. It can be downloaded for free at the following link <https://theshmuz.com/series/the-fight/>
  4. Utilizing the resources on GYE:
    - Reading the daily chizuk emails
    - Posting on the forum and reading/responding to other people's post
    - Reading and Reviewing the GYE handbook. This is an incredible handbook!
  5. Of course to always and keep davening to Hashem to help us overcome this nisayon.

As an aside, one of the great chiddushim GYE came up with was the concept of "hitting rock bottom while on top". The earlier one hears the "wake up call" the easier it will be to climb out of this dark hole. I find that after having a bad fall, there will be a short period of guilt, shame, and humiliation. This feeling can go two ways. Either it can be used to beat us up and give up hope or it can be used as a burst of inspiration to change. It is important to not let this moment slip by without making real changes to one's behavior.

One more point/suggestion I want to make. Chazal tells us that when one davens for his friend, he will be answered first. There have sprung up organizations that were created around this concept. Such as matching up older singles to daven that each one should find his/her zivug or childless couples davening for one other to have children. Many times, when reading a first timer's post that describe their pain that this addiction had caused, I cry. I may not know that person, but I feel his pain. I recently started davening to Hashem to help all the members of the GYE community to overcome their challenge. Perhaps this is something we as a whole can adopt.

I know that I still have a long road ahead of me and can never let my guard down. The yetzer hara is constantly working and coming up with new methods to get me to fall. I still have

moments when I feel my resolve weakening and have come close to falling. But with Hashem help, I, along with the rest of the GYE community, will persevere and win this battle.

Just re-read this post. I wrote this three years ago. This post was written with such optimism. But at the moment I'm feeling discouraged. After I fell, I was in a bad mood and acting tense. Of course my wife picked up on it and felt bad and wanted to know why I was acting this way....

=====

=====

Re: How I made it to 140 days clean  
Posted by frank.lee - 28 May 2022 22:19

---

beH you will get back up and be stronger than ever! It is awesome that your wife is sensitive to your feelings!

=====

=====

Re: How I made it to 140 days clean  
Posted by the.guard - 29 May 2022 13:33

---

GYE 1.0 was great, as you posted, but if you've relapsed there is a new hope on the horizon: GYE 2.0! [app.guardyoureyes.com/](https://app.guardyoureyes.com/)

It's an entirely new program, based on the most cutting edge behavioral science and evidence based methods. If you take the program seriously and do the work, you are guaranteed to see wonders - be"n.

Now is the time. ?? ????? ????? ?? ??????? ??? ?????? ?? ???????.

=====

=====

Re: How I made it to 140 days clean  
Posted by Markz - 29 May 2022 14:03

---

[the.guard wrote on 29 May 2022 13:33:](#)

GYE 1.0 was great, as you posted, but if you've relapsed there is a new hope on the horizon:  
GYE 2.0! [app.guardyoureyes.com/](http://app.guardyoureyes.com/)

It's an entirely new program, based on the most cutting edge behavioral science and evidence based methods. If you take the program seriously and do the work, you are guaranteed to see wonders - be"n.

Now is the time. ?? ????? ????? ?? ??????? ??? ?????? ?? ???????.

Sounds interesting.

I tried to go to that link on my phone - it's not mobile friendly so we can't connect.

Is this a new app, or new feature?

=====  
=====

Re: How I made it to 140 days clean  
Posted by the.guard - 29 May 2022 15:03

---

Just login to guardyoureyes.com. It's a big banner on top of the homepage.

Where've you been? We announced it already Chanuka time to all our members! [guardyoureyes.com/articles/featured/item/the-flight-to-freedom-program](http://guardyoureyes.com/articles/featured/item/the-flight-to-freedom-program)

(And I believe it is mobile-friendly).

=====  
=====