

GYE - Guard Your Eyes

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Restarting the journey

Posted by Snowflake - 04 Nov 2019 19:13

Hey guys, I had been clean for a year before marrying (using GYE), and during my 5 year marriage (still married B"H) had 3-5 relapses total. I had everything pretty much under control. Basically I'd have a fall once a year or less.

A recent tidal wave swept my life, where almost my faith and marriage went down the sink with it. Loads of personal problems. Thank G-d they seem to be under control now B"H. Needless to say I'd been stuck in shmutz for quite a few months. In the past month my wife came to know of my struggle, and I was very happy with the fact she supported me, instead of judging me. This "allowed" me to be back here and start the 90-day journey again and make full use of the tools here. I guess we are always in day 1 right?

Just wanted to share an interesting machshave that I read somewhere, regarding addictions: if we want to make teshuva, we need to completely change who we are. A new man, with new habits. The old man is always going to make the same mistakes. The new one has a completely different life, in regards to habits, behaviour, etc.

Prior to the struggle I'd been neglecting praying with a minyan and studying Gemore as I used to. Now I think it's high time I take back control of my jewish life. Hopefully this should help me get back on track. Today is literally day 1.

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Re: Restarting the journey

Posted by OivedElokim - 26 Mar 2021 00:21

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Keep on fighting. Defeat is not an option.

We are all rooting for you.

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Re: Restarting the journey

Posted by Snowflake - 11 May 2021 16:14

Hey guys, sorry for reviving my old thread. I hope I don't bore anyone here. Like "what's up with this guy, he falls, gets up, is he gonna make up his mind or what"? Lol in fact, I really had thrown in the towel. I was being skeptical of shidduch and I'm ashamed to say I tried to hook up with secular jewish girls, but being clean is about being honest. B"H nothing came out of that. It started from a few issues I had with yiddishkeit. I'm still frum, but a tad more modern. I believe in going to college and studying secular sciences. I'm also very dedicated to my job. But at the same time, I'm very serious about my beliefs. I don't eat cholov stam, still retain some chassidic traditions, etc. Having had a failed marriage I also thought I should "test-drive" before marrying, so as to avoid further problems. Also I thought I needed a less religious girl, that would, supposedly, value my work more. Therefore I let myself run free with the shmutz, since I was thinking about abandoning shomer negiah altogether.

Thank G-d I seem to have come back from my senses. Really, I don't know what happened.

It's much better for me to find a frum girl which is a bit more modern, than a modern girl that is a bit more frum.

These weeks, although I was steeped into shmutz, I B"H came to great realizations: I could not bear marry a girl which would be mehallel shabbos C"V, not eat kosher C"V and that would not go to the mikvah C"V. That's just crazy. So btw, I've finally given the get to my old wife, that was about two weeks ago and I actually feel positive about shidduchim.

Shidduch makes much more sense than secular dating. Judaism shoves two strangers into a room and lock the door and tell them "get along and love each other". Goyish world says, if you don't like her, it's ok, just leave. And the fact is, if we were to think too much, we'd never marry. Everyone has terrible flaws (including ourselves). But by being serious from the start, locking the door (i.e. it's not so easy to just divorce) it's much more likely to work out, and each other try and make it work out. In fact Torah says "vayivieah Itzchak aohela vayehaveha" Itzchak first married Rivka (brought her to the tent), then loved her.

Anyway I know this all doesn't have much to do with being clean, but for me it had, so I thought about sharing.

Things are much easier when your mind is clear and set on a goal.

I made a plan of studying shaarei Kedusha from the gaon R' Elyahu de Vidas. I know it talks a lot about being shomer habris, and the advantages of it. I think, learning to value kedusha more could be good for me.

Other than that, I re-installed the filter in the phone and again trying not to bring it to the bathroom with me.

So it's 2 days clean now and feeling better already B"H...

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Re: Restarting the journey
Posted by DavidT - 11 May 2021 16:18

[Snowflake](#) , you're a real role model for me. I can't imagine how I would hold up with all the challenges you're going thru. Only Hashem knows the truth how much you're suffering and you're still trying to be the best you can be and do his will.

Keep it up and keep inspiring all of us!

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Re: Restarting the journey
Posted by YeshivaGuy - 12 May 2021 00:09

Dear SnowFlake, all I can say is that I admire you immensely.

I'm not able to write more right now, but just know that I really admire you.

May HaShem continue guiding you through this journey of yours

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Re: Restarting the journey
Posted by Snowflake - 12 May 2021 16:51

Thanks guys! B"H day #3 clean.

Every post here means a lot to me.

It's funny when you really change your mindset, the urges diminish quite a bit.

But I know they'll be back in no time, so I ought to be prepared.

I'm trying real hard not to fantasize or look at a woman as much as possible.

I know that the smallest look or fantasizing will grow and fester.

Being optimistic about shidduchim is really helping me. I have a meeting set up with a rov tomorrow. Also I like to think I have to be ready for my future wife. I can't expect to be steeped into shmutz, marry and hope things will solve themselves automatically. I'd really want to get married a second time and at least have this issue under control.

Finally I'm also thinking about Shavuos, and how this is an auspicious time to review my seder (which currently is very weak).

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Re: Restarting the journey

Posted by Snowflake - 14 May 2021 13:09

Hey guys B"H day #4 and #5 clean.

Not much to say, B"H trying not to think about shtus and focusing on more kedusha in general (i.e. studying more Torah).

Not dwelling on the past is helping me a lot. Also when the kids leave I try not to take it to the heart. I must always remember it's not "farewell", only "goodbye, till next week". No need to get too emotional.

The meeting with the shadchan was pretty interesting yesterday.

One the one hand he threw me the cold water bucket (is there such an expression in english?). I'm 29, almost 30, with two kids on the side. I'm not exactly a "most preferred match" for most women. On the other hand, I have B"H a very good parnossah, am a decent guy yada yada and it's kinda of a men's market here in Brazil. Meaning, there are more single women out there looking for shidduchim than men. He reassured me we don't really need to look for divorcees with the kids on the side, but also don't expect a perfect 21 yr old. We're aiming towards the 25 yrs old with some kind of "downside" (not for me, but for the general community out there). I.e. the father's a goy, she's BT (I'm BT myself so what), gyoeres, etc.

The community here is very picky, meaning, they reject very good matches for unjustified reasons, which is good for me I guess lol.

Anyway, again, focusing on the future is my thing now. Dwelling on the past, makes me hella sad, which in turn is a trigger.

Bez"H I should get married to my REAL bashert soon.

Thank you all and hope to keep up...

On a final note, R'Grants challenge is really helping too. An intrusive thought came up last night and I was like hold on, are you really gonna spend 800 USD? (Again, that's what it feels like to us in Brazil, since the USD is more than 5 BRL).

A gut und heilige und noki Shabbes for our fellow brothers.

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Re: Restarting the journey

Posted by Snowflake - 16 May 2021 00:07

B"H Day #6 Motzaei Shabbos Clean...

Other than my 5 yr old son almost giving me a heart attack from falling over the top layer of the 10 ft book shelf, everything's a-okay. B"H just a scare lol, I thought he had broken a rib or something C"V. G-d bless the carpet floor here lol, probably softened his landing. 1 sec I went to the bathroom for a quick stop, boom.

"But tate I really like climbing... LOL"

A gut woch...

The sefira ends, but B"H the counting continues...

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Re: Restarting the journey

Posted by Snowflake - 18 May 2021 22:32

B"H day #9 clean.

Had a friend come over for Shavuos and that was great.

We talked a lot, studied and he gave me plenty of good advice.

Not much to say, B"H no big urges so far.

Just super anxious about shidduchim, because I might be up for a date soon.

Not sure it's appropriate for a now single guy to study hilchos nida, but that's what I'm studying right now. Maybe it's a segula for marriage lol. I want to up my level of shmira in that area in my future marriage. So I figured I could start reviewing the halochos right now.

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Re: Restarting the journey
Posted by wilnevergiveup - 19 May 2021 06:33

[Snowflake wrote on 16 May 2021 00:07:](#)

"But tate I really like climbing... LOL"

It must run in the family!

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Re: Restarting the journey
Posted by Snowflake - 20 May 2021 13:01

It must run in the family!

B"H day #11 clean.

So far so good.

Had a dream, where I was acting out and ended up seeing keri. B"H it was just a dream nightmare.

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Re: Restarting the journey
Posted by Snowflake - 21 May 2021 13:10

B"H day #12 clean.

Had another one of those ~~dreams~~ nightmares. But B"H I managed to somehow resist and wake up before seeing keri. Mamash a miracle I guess.

So far smooth sailing... I'm just still very anxious about shidduchim. Why do girls take so long to simply answer if they wanna go out or not? Yeah I know, there's the research thing... but the wait is unbearable lol

My shadchan probably hates me already, I'm always bugging him.

Have a clean Shabbes everyone!

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Re: Restarting the journey
Posted by Striving Avreich - 21 May 2021 13:20

[Snowflake wrote on 21 May 2021 13:10:](#)

Why do girls take so long to simply answer [...]?

This is the million dollar question

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Re: Restarting the journey
Posted by DavidT - 21 May 2021 13:23

[Snowflake wrote on 21 May 2021 13:10:](#)

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Have a clean Shabbes everyone!

I heard a nice vort. When it comes to shidduchim there are 3 important ingredients:

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Re: Restarting the journey
Posted by Grant400 - 21 May 2021 14:23

[DavidT wrote on 21 May 2021 13:23:](#)

[Snowflake wrote on 21 May 2021 13:10:](#)

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