

My Clean Days Log

Posted by ??? ????? ????? ??? - 27 Jan 2020 01:01

Hello GYE Forum.

I will mark my progress in this topic called, "My Clean Days Log." Thanks for any and all support and encouragement.

I will attempt to post a meaningful text (most often religious, but maybe secular as well) to accompany my journey. Comments on the texts are appreciated as well.

Day 1:

??? ????"? ?? ????????? ?? ????????? (?????? ??? ?.)

My translation tonight: G-d does not bring down humanity with clever ploys (Avodah Zarah 3a).

Namely, the *mitzvos* that we must keep are doable and are not impossible tasks. As hard as they may seem sometimes, the *mitzvos* of *kedusha* are not clever ploys to trip up humanity, but rather they are achievable *mitzvos*. I believe in the eternity of the Torah and its applicability and relevance to every generation, most importantly this one and my life. It would then follow that I can accomplish great growth in the area of *kedusha* and that I can work to push back against the *yetzer hara*.

Thanks for reading!

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Re: My Clean Days Log

Posted by Hashem Help Me - 29 Jan 2021 02:37

[??? ????? ????? ??? wrote on 29 Jan 2021 01:35:](#)

Day #142.

I have been on GYE for just over a year. My cumulative clean days count reads 350. It is probably between 330-340, but...whoa! Almost the entire year with no pornography or masturbation. That is amazing. Just one year ago, I could barely go a week. More like barely go three days. And that was the case for almost the entirety of my marriage. This last year, I looked at pornography four times instead of 150-200 times! I can't believe it.

One can only imagine the celebration in shomayim! Wow!

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Re: My Clean Days Log

Posted by Realestatemogul - 01 Feb 2021 06:30

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Re: My Clean Days Log

Posted by ??? ???? ???? ??? - 14 Feb 2021 20:49

Day #158.

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Re: My Clean Days Log

Posted by ??? ???? ???? ??? - 14 Feb 2021 23:33

My filter seems to be blocking a camp application for my children. I mentioned that to my wife as she was going out for a night shift. She said, "do you want me to open my [unfiltered] computer for you?" I said, "no. We'll do it later when you get home."

After 158 days, would I have filled out the applications and then closed the machine? Probably. But, it doesn't matter. I don't put myself into that situation.

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Re: My Clean Days Log

Posted by Realestatemogul - 17 Feb 2021 04:50

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Re: My Clean Days Log

Posted by wilnevergiveup - 17 Feb 2021 13:40

[??? ???? ???? ??? wrote on 14 Feb 2021 23:33:](#)

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After 158 days, would I have filled out the applications and then closed the machine? Probably. But, it doesn't matter. I don't put myself into that situation.

I can only speak for myself but I didn't. That's why I am at 70 days and not 250.

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Re: My Clean Days Log

Posted by ??? ???? ???? ??? - 08 Mar 2021 06:09

[wilnevergiveup wrote on 17 Feb 2021 13:40:](#)

[??? ???? ???? ??? wrote on 14 Feb 2021 23:33:](#)

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After 158 days, would I have filled out the applications and then closed the machine? Probably. But, it doesn't matter. I don't put myself into that situation.

I can only speak for myself but I didn't. That's why I am at 70 days and not 250.

My point was not to say that I have already graduated the struggle. On the other hand, I have noticed in myself a difference. Masturbating or viewing pornography are no longer inevitable.

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Re: My Clean Days Log

Posted by ??? ????? ????? ??? - 08 Mar 2021 06:10

Day #180.

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Re: My Clean Days Log

Posted by ??? ????? ????? ??? - 08 Apr 2021 13:43

Well, I made it to day #188.

I had some falls over the last three weeks. All of them were masturbation only except one.

Starting the count again, but not starting over again. I have made a lot of progress and I am taking that and moving forward.

Will start posting regularly here for the accountability.

Thanks all for the support!

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Re: My Clean Days Log

Posted by Grant400 - 08 Apr 2021 13:51

[??? ???? ???? ??? wrote on 08 Apr 2021 13:43:](#)

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I had some falls over the last three weeks. All of them were masturbation only except one.

Love the attitude. Love this line. Should be a GYE bumper sticker!

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Re: My Clean Days Log

Posted by wilnevergiveup - 08 Apr 2021 15:26

[??? ???? ???? ??? wrote on 08 Apr 2021 13:43:](#)

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Will start posting regularly here for the accountability.

Thanks all for the support!

The sign of a true *ben aliyah*!

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Re: My Clean Days Log

Posted by ??? ????? ????? ??? - 13 Apr 2021 02:29

Day #5.

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Re: My Clean Days Log

Posted by Realestatemogul - 13 Apr 2021 04:53

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Re: My Clean Days Log

Posted by ??? ????? ????? ??? - 21 Apr 2021 17:44

Starting over...

I have been struggling with productivity and there are a lot of stressors in my life. All of that has gotten me kind of down and I have been masturbating. It is time, with Hashem's help, to take back my life and live to the fullest everyday.

I will post here everyday or every other day for accountability.

Thanks for all the support.

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