

My Clean Days Log

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

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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 wilnevergiveup - 03 Jun 2021 18:23

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[??? ????? ????? ??? wrote on 03 Jun 2021 18:10:](#)

Day #27. Nothing more to say!

The best way!

**Warning: Spoiler!**

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Re: My Clean Days Log

Posted by ??? ????? ???? ??? - 06 Jun 2021 02:46

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Day #30.

On GYE, at 30 days one receives the "Level 5: ????? ?? ????? ??????" badge. This reminded me about something that I posted about before and that I'd like to post about again.

Filtering devices does not equal weakness. It is not a sign that the person is sick and twisted. On the contrary, putting a filter on a device is a sign of ????? ?? ????? ?????, it is a sign of strength. Temptation is just that. It tempts us. Choosing to block it out is a choice coming from a place of strength and integrity.

I'll add that, based on my experience of the GYE forum, I am not as *frum* as many of the users on this forum. It seems, based on my read of this forum, that I allow more non-Jewish and secular stuff and entertainment into my home than many of the users on this forum. I am writing that because I want to stress that filtering one's devices doesn't have to be looked at as a "super frummy yeshivish" thing. It is the right thing to do for anyone who doesn't want temptation inside the home and, in my opinion, that should be the case for everyone on this forum.

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Re: My Clean Days Log

Posted by #makelifegreatagain - 06 Jun 2021 15:50

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I totally agree with this.

i also am part of a family that let's non Jewish stuff into our home. It's not a bad thing, it's just something we do. But for people like us, that's why having a filter is so important. There's a lot of good stuff online but we have to be extra careful to make sure the stuff we're looking at is only the good stuff, and not the bad. The filter does a great job of making sure of that. Mazal tov on 30 days!!

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Re: My Clean Days Log

Posted by ??? ????? ????? ??? - 10 Jun 2021 23:15

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Day #34.

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Re: My Clean Days Log

Posted by ??? ????? ????? ??? - 13 Jun 2021 03:22

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Day #37.

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Re: My Clean Days Log

Posted by ??? ????? ????? ??? - 18 Jun 2021 13:33

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Day #42.

Internet filtering software and staying busy!

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Re: My Clean Days Log

Posted by Grant400 - 18 Jun 2021 13:56

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[??? ??? ???? ??? wrote on 18 Jun 2021 13:33:](#)

Day #42.

Internet filtering software and staying busy!

AAAND....."???"!

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Re: My Clean Days Log

Posted by ??? ??? ???? ??? - 24 Jun 2021 02:12

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Day #48.

I have been very busy the last few days and that has basically meant a ??? ???? from this whole topic. My hope is that I will experience this further when I start my new job in less than two weeks.

When I started GYE, I made a clear distinction between "checking out" women or anything that's not pornography, not a fall, and viewing pornography or masturbating, a fall. I did this because, knowing myself, if I would fall upon "checking out" a woman and then restart my streak, I would feel little to no incentive to then later hold back from looking at pornography and/or masturbating. I have had great success, as I have written about in this thread, with almost zero pornography since I started GYE and much, much less masturbation. Problem is, I have basically forgotten the parsha of "thou shalt not stray after your eyes." It is beyond habit that I "check out" women in public spaces. Meaning, women who I have no reason to be looking at them. Removing my glasses isn't an option, but I am curious as to how you approach the subject. How can I make this part of *shemiras haeinyaim* a thing for me again?

Thank you all!

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Re: My Clean Days Log

Posted by DavidT - 24 Jun 2021 14:27

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*Rav Avigdor Miller Z"L said the following:*

*"Barasi yetzer ha'rah, barasi Torah tavlin lo."* You learn Torah because only the Torah teaches you how to deal with the Yetzer Ha'rah.

Now there are two ways that this works. One way is bi'derech segulah. Merely learning – learning alone – is vitamins against the Yetzer Ha'rah. Hakodosh Boruch Hu sees that you're learning and He says, "I'm going to protect you from the Yetzer Ha'rah." Without any other logical explanation – it's called "segulah."

And the second way is "sechel." Because the Torah is full of ideas and ideals that give you the right kinds of thoughts. When a person has no good thoughts in his mind – when his mind is vacant – a vacuum will not remain a vacuum forever and wrong ideas and bad thoughts will come into his head from the outside world. If you fill your mind with good ideas – with Torah ideas – and you're thinking all the time about these right ideas – in the street, at home – then you won't have time for or interest in the Yetzer Ha'rah. You walk in the street and think about Ma'amad Har Sinai. You sit at the bus stop waiting and you're thinking about Yetzias Mitzraim. It takes work to learn how to do that but there is no option. You must fill your mind with good ideas. And then when the Yetzer Ha'rah comes knocking on your door, you'll tell him, "No, I'm sorry. This place is occupied already."

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Any manner of Torah study provides us with spiritual fuel to fight the yetzer hara. Studying Torah automatically strengthens us and makes us want to serve Hashem properly. But there are also specific benefits that come from certain kinds of Torah study.

When we study halachos in depth, Hashem minimizes the yetzer hara in that area. Thus, learning the halachos of *Shmirat Einayim* is quite helpful. Studying the halachos of a sin also impresses upon us that it really is forbidden, and creates a commitment not to do it. It no longer feels like theoretical knowledge that this is something we shouldn't do. It feels real. This gives

us the strength to stand up to our yetzer hara and confidently tell him no.

When we learn the laws of *Shmirat Einayim* we may think, "This is impossible! There's no way I can be this careful." But as we study, we understand the wisdom of these laws and the more motivated we become.

## **The Four Primary Laws of Looking at and Thinking about Women**

Below is a summary of relevant rulings. Familiarize yourself with these laws, and you will have a ready and practical guide to live by: (*Shulchan Aruch Even HaEzer*, Chapter 21, Law 1)

**(1) It is forbidden to look at a woman if she is dressed immodestly. (There are different laws regarding one's wife.)**

**(2) a. If you know of an area where immodestly dressed women are present, it is forbidden to enter this area. An alternative route must be taken.**

**b. If there is no alternative route, or the alternative route is impractical or costly, you are permitted to pass through the area providing you make every reasonable effort to avoid seeing the immodest sights.**

**(3) It is forbidden to have thoughts of desire for any woman. (There are different laws regarding one's wife.)**

**(4) It is forbidden to derive pleasure from looking at the beauty of a woman, even if she is modestly dressed. (There are different laws regarding one's wife.)**

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Re: My Clean Days Log

Posted by mggsbms - 24 Jun 2021 16:25

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In today's Daf the Gemara brings Reish Lakish says that looking at a women is more pleasurable then actually doing something with her. The Tosafas Yeshanim adds "therefore one has to be very careful about [looking]"

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Posted by DavidT - 24 Jun 2021 16:49

Thank you all!

i personally find that learning sefarim that discuss the halachos , ***a little bit*** each day makes me aware again that besides porn , just looking at women,even modestly dressed , is wrong. hope it helps, hatzlacha!

another advantage of learning shmiras eynayim halachos every day is:

when an aveira is HEFKER-i just give up on it.thats terrible , but when you fight you show that true, im nichshal but at least its not HEFKER , thats tremendously better for him regarding heavenly punishment,besides the fact the the fighting arouses siyata dishmaya and rachamey shamayim,

so too, i feel ,that if i learn the halachas about guarding my eyes, im showing Hashem that looking at women, "vlo sauru" is not HEFKER, im fighting the battle and that is going to help me alot as far my relationship with Hashem

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Re: My Clean Days Log  
Posted by EvedHashem1836 - 25 Jun 2021 14:24

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Anyone know where all of the halachos can be found?

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Re: My Clean Days Log  
Posted by DavidT - 25 Jun 2021 14:40

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[EvedHashem1836 wrote on 25 Jun 2021 14:24:](#)

Anyone know where all of the halachos can be found?

please see attached



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