

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!

???? ????? ????? ???

=====

=====

Re: My Clean Days Log

Posted by ??? ????? ????? ??? - 02 Jul 2021 15:43

Day #56.

=====

=====

Re: My Clean Days Log

Posted by ??? ????? ????? ??? - 06 Jul 2021 01:14

Day #60.

=====
=====

Re: My Clean Days Log

Posted by ??? ????? ????? ??? - 12 Jul 2021 00:15

Day #66.

=====
=====

Re: My Clean Days Log

Posted by ??? ????? ????? ??? - 13 Jul 2021 15:07

Got to day #67 and then fell.

What led to the fall?

I spend too much time in front of a computer screen. I have recently been trying to find media that the filter doesn't block. Not very proud of that. It is almost like my brain activity decreases and I just search and click. Auto-pilot. I found a couple of problem areas and those led to the fall.

Now what?

I have already blocked those problem areas and checked that I can't access them.

This post is a huge step for me. In my experience with GYE so far, I haven't done that so soon. I don't report the fall on the counter right away and I certainly don't post about it. That usually leads to more masturbation. This time, I made up in my mind that I would not do that. Here I am, posting the next morning. Part of it is not attributing so much weight to the misdeed. That is a

big accomplishment for me that I have written about in the past. It is still a "serious offense," but I don't experience it as a world-toppling event. That is the second time I looked at pornography in the last twelve months. I mean, wow! I used to look at it 2-4 times a week!

A few times a week, I insert a confessional paragraph into my prayers. It is printed in most siddurim in the middle of the beracha of shema koleinu. I used to confess these sins all the time. I haven't had to with the same frequency since joining GYE. When I mentioned them this morning, I thought to myself, but I have other things that I need to share too. Why should I put more weight on these misdeeds than other ones? I went through the exercise, for just a few moments, of thinking about the previous day and finding other things that I did that were not in line with the halacha.

I feel great! I am proud that, even if I don't have a perfect record, I have 495 cumulative clean days since late-January 2020. I am proud that I posted right away to hold myself accountable immediately.

Thanks for reading and joining with me!

=====

Re: My Clean Days Log

Posted by HappyYid - 13 Jul 2021 16:16

You *should* be proud!

Many times in the past I would use the day I fell as an 'off day' and would fall many more times, till I would get the courage to start again.

It's amazing how you got right back up!

Hatzlacha!

=====

Re: My Clean Days Log

Posted by Hashem Help Me - 13 Jul 2021 19:27

[??? ???? ???? ??? wrote on 13 Jul 2021 15:07:](#)

Got to day #67 and then fell.

What led to the fall?

I spend too much time in front of a computer screen. I have recently been trying to find media that the filter doesn't block. Not very proud of that. It is almost like my brain activity decreases and I just search and click. Auto-pilot. I found a couple of problem areas and those led to the fall.

Now what?

I have already blocked those problem areas and checked that I can't access them.

This post is a huge step for me. In my experience with GYE so far, I haven't done that so soon. I don't report the fall on the counter right away and I certainly don't post about it. That usually leads to more masturbation. This time, I made up in my mind that I would not do that. Here I am, posting the next morning. Part of it is not attributing so much weight to the misdeed. That is a big accomplishment for me that I have written about in the past. It is still a "serious offense," but I don't experience it as a world-toppling event. That is the second time I looked at pornography in the last twelve months. I mean, wow! I used to look at it 2-4 times a week!

A few times a week, I insert a confessional paragraph into my prayers. It is printed in most siddurim in the middle of the beracha of shema koleinu. I used to confess these sins all the time. I haven't had to with the same frequency since joining GYE. When I mentioned them this morning, I thought to myself, but I have other things that I need to share too. Why should I put more weight on these misdeeds than other ones? I went through the exercise, for just a few moments, of thinking about the previous day and finding other things that I did that were not in line with the halacha.

I feel great! I am proud that, even if I don't have a perfect record, I have 495 cumulative clean

days since late-January 2020. I am proud that I posted right away to hold myself accountable immediately.

Thanks for reading and joining with me!

This is a post from a recovered individual, who like all normal people, has nisyonos. Your brain and heart are BH where they need to be; the nefesh ha'behamis will iyh catch up soon too. Your post should be publicised to all newcomers. Hatzlocha!

=====

Re: My Clean Days Log

Posted by ??? ????? ????? ??? - 15 Jul 2021 14:20

Day #2.

Thank you all for the "thank yous" and feedback.

=====

Re: My Clean Days Log

Posted by ??? ????? ????? ??? - 19 Jul 2021 14:05

Thanks for all the support. I fell again.

I brought this issue up a couple months ago and...well...it's an issue! I, thankfully, got a new job and I started two weeks ago. I was given, not one, not two, but three unfiltered devices! I tried, on my own, to install a filter on the laptop with the representative from the filter company, but it seems that there is a security measure that blocked the installation. Did I give up?

Warning: Spoiler!

=====

=====

Re: My Clean Days Log
Posted by Striving Avreich - 19 Jul 2021 20:45

May I ask which filtering company? Different filters work different way and there may be a way to filter with the technology of a different company

=====

=====

Re: My Clean Days Log
Posted by ??? ???? ???? ??? - 19 Jul 2021 21:09

I was trying to install GenTech. I don't have administrator privileges. and there is a lock on new installations (outside of their preapproved apps). Content filtering is not on their radar screen. My request got sent up to the upper levels of IT and hopefully I will get a response soon.

=====

=====

Re: My Clean Days Log
Posted by ??? ???? ???? ??? - 20 Jul 2021 01:13

Day #1. First 24 hours!

=====

=====

Re: My Clean Days Log
Posted by ??? ???? ???? ??? - 21 Jul 2021 02:50

Day #2.

=====

=====

Re: My Clean Days Log

Posted by ??? ????? ????? ??? - 22 Jul 2021 21:08

Struggling a little bit with the unfiltered devices that I received from my company. Question for you all, especially the more techy amongst us... My company's IT department has no content filtering solutions for their devices. Any apps, outside of their preapproved ones, need to be approved before they unlock them for the devices. How should I proceed?

I use GenTech Solution, but I'm not sure that is the easiest one to convince these IT people to authorize. Content filtering is so not on their radar. "Just don't look at the adult content" kind of attitude. Any suggestions?

=====

=====

Re: My Clean Days Log

Posted by Gevura Shebyesod - 22 Jul 2021 21:23

Tell them that even a basic level of filtering will also protect the devices from phishing and hacking sites, and it's a good cybersecurity investment.

=====

=====