

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 ??? ????? ????? ??? - 22 Dec 2021 03:55

100 Days.

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Re: My Clean Days Log

Posted by Hashem Help Me - 22 Dec 2021 12:21

Mazel Tov!!

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Re: My Clean Days Log

Posted by ??? ???? ???? ??? - 11 Jan 2022 02:18

Day #120.

I struggled for a long time with the temptation of viewing pornography and masturbating. When I was 12 or so, I masturbated for the first time. I didn't think it was wrong at the time.

Pornography, on the other hand, which I probably discovered not too long after, always felt like entering a dark place. I didn't have my own machine, so I would look at pornography on the family computer and figure out how to hide it from my parents (late at night, when no one was home, etc.).

At 18, I became Orthodox. I was so excited to fulfill every tenet of Orthodox Judaism. At that time, I did have my own laptop. Pornography and masturbation were, what seemed like, the only areas of Jewish law that I could not observe. I couldn't control myself. I felt bad. I felt out of control. I felt like I was letting G-d down and this was a 3-5 times a week occurrence. I would often have a very uplifting Shabbos experience and then go home, watch pornography and masturbate. I felt like I ruined whatever spiritual gains I had received from the Shabbos.

I had the privilege of going to yeshiva. In my entire time in yeshiva as a bochur, I masturbated once without pornography. That was very early on in my tenure. I felt safe at yeshiva. I was occupied. There were people around. I didn't have any devices that had Internet access.

Bein hazmanim, however, was another story. I would return home and try and try to set myself up for success. I would plan out a learning schedule and make some sort of resolution to not touch the devices of my family members. To no avail. I never went a bein hazmanim without looking at pornography and masturbating. I felt so terrible.

After my wedding, I thought, pornography and masturbation are a thing of the past... Yeah... I think I lasted for almost a year and a half. I certainly wasn't counting because I thought that the issue was no longer relevant for me. I began looking at pornography and masturbating around the time of the birth of my first child. I would try to stop and maybe be successful for a week or two, but I don't think I ever made it more than two weeks. I felt terrible. I felt so ashamed of myself... And my wife never found out. She caught me once, but I was able to cover myself (literally and figuratively) and lie my way out of it.

In Jan 2020, I finally decided to join GYE. That was eight years into my marriage. As you can see from my current streak, I have not experienced 100% success since joining, but I am at 647 cumulative clean days. Since I started at the end of January, that's a little less than a 90% success rate averaged over time since I started GYE. That's unbelievable! I would've probably looked at pornography and masturbated 3-4 times a week for the last two years if not for engaging with this GYE community.

To my holy brothers who are reading this post and who don't think that it is possible to stop looking at pornography and masturbating, please think again. I was there! I didn't think it possible. I didn't know how. I tried to set up something discreetly with a friend, but I was too ashamed to really share my problem. Participating with GYE has been my solution. I have shared my story on this thread, I have read other community members' struggles and successes, I have connected with an accountability partner (Yasherkoach @Hashem Help Me), and I have chipped away at the shame that was preventing me from getting out of the rut that I had been in for far too long. It is possible! You can do it too!

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Re: My Clean Days Log

Posted by Dave M - 12 Jan 2022 01:21

[??? ???? ???? ??? wrote on 11 Jan 2022 02:18:](#)

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This post is golden

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Re: My Clean Days Log

Posted by ??? ???? ???? ??? - 21 Jan 2022 01:09

Day #130.

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Re: My Clean Days Log

Posted by Human being - 21 Jan 2022 13:09

wowowowowowowowow. I just read your thread from the beginning. The zchusim you have are innumerable. You are really an inspiration! keep it up and keep on posting.

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Re: My Clean Days Log

Posted by ??? ???? ???? ??? - 31 Jan 2022 01:50

Day #140.

@Human being, thank you for your comment!

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Re: My Clean Days Log

Posted by ??? ????? ??? - 10 Feb 2022 02:07

Day #150.

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Re: My Clean Days Log

Posted by Lost In Search - 10 Feb 2022 04:12

[??? ????? ??? wrote on 10 Feb 2022 02:07:](#)

Day #150.

wow!!

keep it up

you are now doing "???"

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Re: My Clean Days Log

Posted by Lost In Search - 10 Feb 2022 04:20

[DavidT wrote on 06 Feb 2020 20:48:](#)

[??? ????? ??? wrote on 06 Feb 2020 03:18:](#)

With a heavy heart, I mourn the loss of so much time, specifically at night, that could've been spent productively. I could've been crying out to Hashem in song, in prayer, and in learning. Alas...

There was a Yid called Reb Chaim Dovid "Doctor". He was a big baal-teshuva.

If one reads history of the Austrian Empire, approximately 180-200 years ago, there was a big doctor of the army, he wrote prescriptions, they still have his prescriptions.

He became a baal-teshuva. Reb Dovid Lelover brought him close in teshuva.

At the end of his days, the holy Tiferes Shlomo (Rabbi Shlomo Rabinovich of Radomsk) went to pay him a sick visit.

The Tiferes Shlomo was standing by his bed, and Reb Chaim Dovid was sighing.

The Tiferes Shlomo wanted to comfort him: "Your earlier (pre-teshuva) years fall away," thinking the patient was sighing on the days he did sins and wasn't a frum Yid, employing language used by a nazirite to comfort him.

(The patient) gave a jump up in bed and said, **"I don't give away one sin... because the sins became merits."**

I was reading this old thread now and it touched my heart, it's a powerful message and a good dose of chizuk

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Re: My Clean Days Log

Posted by Hashem Help Me - 10 Feb 2022 12:20

Mazel Tov! Beautiful. Keep the good news coming and help others get to where you are.....

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Re: My Clean Days Log

Posted by DavidT - 10 Feb 2022 17:25

[??? ???? ???? ??? wrote on 10 Feb 2022 02:07:](#)

Day #150.

Mazel Tov!

Day #150

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Re: My Clean Days Log

Posted by ??? ???? ???? ??? - 20 Feb 2022 04:11

Day #160.

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Re: My Clean Days Log

Posted by ??? ???? ???? ??? - 03 Mar 2022 03:53

If I may suggest, the text should be much larger to convey the right message...
Day #171.

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