

Fresh thoughts

Posted by lhavestrength - 24 Apr 2020 01:41

Day 1: Hey all! Hope everyone is doing well during these crazy times. Today was the first day in my journey to 90 days, and I'm going to post everyday until 90 with G-d's help.

I've been on GYE for a while, with some breaks in between joining and now. Thankfully I've had a lot hatzlacha as a result of the help of many here and offline. This helped me stay "clean" for).

In any case, I learned a lot from GYE, and it helped me hugely. In fact, I even achieved my first 90 days on GYE!

In addition to GYE, I've used many different resources in my journey (therapy, friends, family, groups, and reading). My involvement with GYE occurred mostly in the beginning of my journey, but there have been times where I tried to be active here again because I felt it may help me. Those attempts at revival were not very successful and I often felt like I had outgrown GYE. I always posted on my old thread and I think that contributed to making it difficult to start fresh; hence this new topic.

some very long periods of time, and some short periods as well (which is why I'm here now

In any case, sorry for the ramble. If for some odd reason you'd like to check out my old thread, you can do so here: <https://guardyoureyes.com/forum/4-On-the-Way-to-90-Days/305558-Journey-of-one-day-at-a-time>

Thanks for reading if you made it this far. Hopefully I'll get to know some of you over these 90 days and I'll actually stick around this time.

G-d bless!

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Re: Fresh thoughts

Posted by DavidT - 01 May 2020 14:06

[lhavestrength wrote on 01 May 2020 03:55:](#)

Day 8: Stronger urges today. Biology is a heck of a thing. All in all OK day I guess. Really not loving my new Coronavirus life, but hey, ain't that true for lots of folks, so I suppose that isn't too interesting a fact.

Not that I was the dalai lama or anything before this and at total peace, but I was happier generally lol.

Anyways, what's the point? No idea dude. Just ramblin. Thanks for listening and have a good night!

Yeah.. the fact that we're all in the same boat does not change anything physically but it does give us a sense of peace that we're all in this together as a group, supporting & praying for each other.

Keep strong and we'll all get thru this with Hashem's help!

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Re: Fresh thoughts
Posted by lhavestrength - 01 May 2020 22:14

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Re: Fresh thoughts
Posted by lhavestrength - 01 May 2020 22:22

Day 9: Everything's aight BH. Nothing too exciting to write about. I feel like that is a recurring

theme here lol. Not looking forward to shabbos in a massive way, but that's OK I guess. I'm sure
Wishing everyone a
wonderful and peaceful shabbos!

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it'll be aight. Maybe I need to chill out a bit and stop thinking all the time

Re: Fresh thoughts
Posted by Singularity - 03 May 2020 03:53

Like the old-timers say, our best thinking is what got us into this mess!!

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Re: Fresh thoughts
Posted by Ihavestrength - 03 May 2020 04:06

Day 10: Pretty strong urges tonight. Not trying to be someone special with no urges or slips, just trying to be better than yesterday and do what I believe is right. For now that means no masturbation or porn. I clicked on a link and got carried away for a second, but that's ok. I'm noone special, just a regular guy, not even remotely infallible, incredibly human and that's OK. Have an awesome night people and a shavua tov/gut voch!

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Re: Fresh thoughts
Posted by Jj123 - 03 May 2020 06:02

Hey I think it's pretty special that you managed to click away. Not an easy thing to do at all.

Kudos!

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Re: Fresh thoughts
Posted by starting - 03 May 2020 06:51

Clicking away is absolute control. YES YOUHAVESTRNGTH!! a lot of strength!

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Re: Fresh thoughts

Posted by lhavestrength - 03 May 2020 13:10

Hey all, good morning. Need to post an update here, not a super awesome one unfortunately. I ended my streak last night/this morning. Starting again now, although tomorrow will technically be the my first clean day. So we'll be back here tomorrow G-d willing with the post for Day 1.

I feel OK BH. I think this is largely due to the fact that I didn't have an all or nothing approach going in and was more committed to keeping track of how I'm doing vs. reaching x amount of days (I guess I got that approach from reaching 90 and beyond many times and not finding that).

So 10 days clean. That ain't nothin. It's funny cause once I started building up longer streaks, every time I ended a streak, I felt like to gain anything I had to at least get back to the number I

Ok, last thing: So, what led to me choosing to look at porn and masturbate?

A bunch of stuff probably. But here are some that come to mind: Drinking two beers last night, which probably lowered my ability to self-regulate somewhat. Being stressed. That almost always is a precursor to a masturbation and porn session. And on a practical level, being able to access porn quite easily obviously made this possible (although, I've been know to be very creative in the past when it comes to finding content on filtered devices). Another thing was that I sort of missed having the regular GYE boost on Friday. It wasn't really practical for me to print out the shabbos pages they posted. I honestly think that made a difference.

my urges disappeared

So, what will I do differently? I guess I can commit to no more than one beer at night (if I'm drinking). Also, going to make sure to find time on Friday to read the shabbos GYE newsletter. Honestly, though, just here to try and do my best with this, trying to learn something along the way.

Peace out and have an awesome productive Sunday! Talk to y'all later.

Edit: Just wanted to mention what was driving my stress. Coronavirus!!! It really upended my life, and last night I was sort of going crazy realizing that it's going to be a while till it gets back
Maybe I'll elaborate more on this, cause this does seem to be an important factor for me. Anyways, if you read this far you are truly awesome. Ok, even if you didn't, you're alright

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Re: Fresh thoughts
Posted by DavidT - 03 May 2020 14:09

Hi I have strength
to normal and

You're putting up an amazing battle and with Hashem's help you'll win the war...

Your goal is not to conquer a life-long yetzer hora in one day! Simply putting up a fight is a tremendous accomplishment, and skipping this time, or even delaying it a little bit, is still worthwhile. Even if you ultimately do it, there is still value and tremendous sechar for every second you are able to be omeid b'nisayon.

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Re: Fresh thoughts
Posted by Singularity - 03 May 2020 14:37

Well done for climbing back. I usually act out the next day as well because well, I gotta get my money's worth while the tables are hot!!!!!!!!!!!!!!

Beer? At this time? Our country is in the eighteenth amendment mode, no sale of alcohol or cigarettes! Personally I don't drink at all, ever, except purim where I did quite okay this year! But I still understand what an alcoholic goes through, a little bit I think.

Please elaborate on your covid issues, I'd like to hear em!

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Re: Fresh thoughts

Posted by Gevura Shebyesod - 03 May 2020 15:53

[Singularity wrote on 03 May 2020 14:37:](#)

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In a different country on your continent, the government was giving out whisky as "throat

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Re: Fresh thoughts

Posted by Singularity - 04 May 2020 03:12

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Re: Fresh thoughts

Posted by Ihavestrength - 05 May 2020 03:24

Day 1: Not much to report. Good day BH. Got to be mindful of the effects of alcohol on my

Seems to be important to get in productive days after a fall. It's definitely a horrible plan to try and get my self esteem from success in this area, so I gotta get it by getting stuff done willpower. And no, @singularity I'm not a alcoholic just because I drink lol elsewhere.

Aight, that's all for me. Have a great night people!

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Re: Fresh thoughts
Posted by Singularity - 05 May 2020 08:06

Keep on smashing it.

When I chase my self esteem, I always lose it.

My program isn't one of self esteem building. I wish it were but that isn't the reality

coz then it's still all full of SELF

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