

Keeping Accountability

Posted by HappyYid - 19 Feb 2021 14:15

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Hi guys,

I've been here for a few years, but was part of the thousands that just reads but doesn't post or click thank you. (If you think about it, there's on average 5-10 people that say thank you on a post but there's thousands on the site and even looking at the post- you could see it says 'views'. Just saying...)

First of all I want to say thank you to GYE for being who they are and to everyone here especially those that post, it gives tons of chizuk even though many of us don't reply or click thank you, you should know the posts are great and very inspirational.

Just wanted to start a thread to keep accountability. My main struggle right now is ms, I don't have access to porn bh. I have a very hard time with lusting about my sisters in law; two single ones in shidduchim age. They are both attractive and although my wife is very pretty too the yh makes me think that they are prettier. I really think about them often. And they are each a little clueless in their own way and they do things which don't help the situation, nothing bad just isn't great for me they are very friendly etc. Its especially hard when I go for Shabbos, many times I look forward to going so that I could 'enjoy' them more directly. I'm going for Shabbos this week and I want to come back here and say that I was (at least) 97% clean in terms of lusting them.

I'll try to post here as much as I could to keep me stable and for accountability.

. I love you guys.

Happy Yid

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Re: Keeping Accountability

Posted by HappyYid - 02 Jul 2021 00:53

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Day 151!

The last few days I had huge urges to masturbate. I really wanted to, but I didn't.

It's hard sometimes. But here I am bh still clean.

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Re: Keeping Accountability  
Posted by wilnevergiveup - 02 Jul 2021 14:04

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What did you do instead?

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Re: Keeping Accountability  
Posted by HappyYid - 02 Jul 2021 19:33

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[wilnevergiveup wrote on 02 Jul 2021 14:04:](#)

What did you do instead?

Various different stuff. Learnt, read a paper, ...

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Re: Keeping Accountability  
Posted by YeshivaGuy - 07 Jul 2021 17:51

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Hows it goin buddy?

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Re: Keeping Accountability  
Posted by HappyYid - 07 Jul 2021 18:56

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[YeshivaGuy wrote on 07 Jul 2021 17:51:](#)

Hows it goin buddy?

Hey thanks for checking in.

Bh the past few days were calmer.

Last night and today I actually was extra careful with shmiras enayim for a zchus for something.

It feels so good to just not look around while I'm walking in the street. I'm going to try to keep this behavior up from now on bezras Hashem.

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Re: Keeping Accountability

Posted by YeshivaGuy - 07 Jul 2021 19:02

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[HappyYid wrote on 07 Jul 2021 18:56:](#)

[YeshivaGuy wrote on 07 Jul 2021 17:51:](#)

Hows it goin buddy?

Hey thanks for checking in.

Bh the past few days were calmer.

Last night and today I actually was extra careful with shmiras enayim for a zchus for something.

It feels so good to just not look around while I'm walking in the street. I'm going to try to keep this behavior up from now on bezras Hashem.

I'm so so happy for you. You sound liberated, or at least very close to it.

Keep Shteiging!

YeshivaGuy

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Re: Keeping Accountability

Posted by HappyYid - 09 Jul 2021 02:48

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~~Some times~~ many times I just want to look. It gives such a good (fake) feeling. Just to stare and dream about them.

Tonight I was in a grocery store and there were tons of females around, I really wanted to look at them.

But I really fought and won!

That feeling, overcoming the yh, is such a good feeling. It's almost as good as a feeling than looking itself.

I hope to not have to try sooo hard not to look, I hope one day I can just be 'regular' and walk around without having to force myself to look away...

Anyway things were ok the past few days bh.

Good night

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Re: Keeping Accountability

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Posted by HappyYid - 13 Jul 2021 01:39

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Bh I'm at day #162

I did very well in regards to guarding my eyes and for a few days, but then yesterday and today the yh got to me a bit.

I need to make sure I don't let my guard down at all. I know it's possible because I did it for some time.

Posting here for accountability.

Have a wonderful evening.

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Re: Keeping Accountability

Posted by HappyYid - 14 Jul 2021 01:06

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This shiur was a nice chizzuk for me.

Great mashal...

You will probably enjoy it too.

<https://www.torahanytime.com/#/lectures?v=156629>

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Re: Keeping Accountability

Posted by Markz - 14 Jul 2021 01:17

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[HappyYid wrote on 14 Jul 2021 01:06:](#)

This shiur was a nice chizzuk for me.

Great mashal...

You will probably enjoy it too.

<https://www.torahanytime.com/#/lectures?v=156629>

I love his lectures.

Hes good and softly does it but doesn't beat around the bush.

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It's only 6 min and a great and interesting speaker so it doesn't hurt to watch.  
Re: Keeping Accountability

Posted by HappyYid - 14 Jul 2021 01:48

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[Markz wrote on 14 Jul 2021 01:17:](#)

[HappyYid wrote on 14 Jul 2021 01:06:](#)

This shiur was a nice chizzuk for me.

Great mashal...

You will probably enjoy it too.

<https://www.torahanytime.com/#/lectures?v=156629>

I love his lectures.

Hes good and softly does it but doesn't beat around the bush.

I love them too

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Re: Keeping Accountability  
Posted by HappyYid - 30 Jul 2021 04:52

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Hi guys!

It's been some time since I updated here. I've had a busy past 2 weeks...

Bh day #179!

The desires are still in full swing, but I sort of know how to control them. I will admit that I still have trouble with shmiras enayim and also with touching.

I really hope to be free from those too. I just have this crazy desire for one of my sister in laws. It's really hard not to (day)dream about her.

But I'm not giving up!

Have a wonderful evening,

HappyYid

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Re: Keeping Accountability  
Posted by HappyYid - 30 Aug 2021 04:30

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I fell around 2 weeks ago and since then it has been tough.

But the buck stops here. Now.

My life recently got very busy, for good things, bh. So I don't have too much extra time to post often but I'm going to try hard because it really helped me get to where I got to before.

Today is day 1.

Enough with this already.

Good night

HappyYid

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Re: Keeping Accountability

Posted by HappyYid - 31 Aug 2021 02:52

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Thank you Hashem for a second day clean!

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