

Keeping Accountability

Posted by HappyYid - 19 Feb 2021 14:15

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 - 04 Mar 2021 01:07

Was very busy today...BH clean

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Re: Keeping Accountability

Posted by happyyid - 08 Mar 2021 03:37

Great day! Clean

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Re: Keeping Accountability
Posted by happyyid - 10 Mar 2021 01:26

Bh all is good here...

?The past 2 days I woke up with a very strong taiva... didn't give in!

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Re: Keeping Accountability
Posted by happyyid - 11 Mar 2021 02:21

Clean! bh.

Question:

Why is it that many mornings I wake up with an erection (excuse my bluntness)? And like at the same time I have a huge urge to 'letting it stay that way'... I actually don't think I ever had a wet dream, but this happens many times. I don't usually go to sleep fantasizing.

Any suggestions? If there's no real answer as to *why* it happens and there's nothing really to do about it, any eitzos how to keep myself from touching?

Thanks!

HappyYid

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Re: Keeping Accountability
Posted by Sapy - 11 Mar 2021 02:27

It is normal. It has nothing to do with fantasizing etc.

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Re: Keeping Accountability

Posted by Benoni - 11 Mar 2021 02:37

Hi good question!

Why is it that many mornings I wake up with an erection (excuse my bluntness)?

I know the scientific reason for this, but if there's a Torah explanation which there probably is, I'm not too sure. If you want the scientific explanation, it might be better that we pm unless the beis din here allows it on public forum.

And like at the same time I have a huge urge to 'letting it stay that way'

You mean once you're aroused in the morning you wanna stay aroused; or do you mean you wanna wake up everyday aroused?

Any suggestions? If there's no real answer as to *why* it happens and there's nothing really to do about it, any eitzos how to keep myself from touching?

I can't speak for anyone else but practically speaking, it helps to not sleep undressed if I'm trying to avoid arousal. Also, sometimes, going to the bathroom right after I wake up will take care of the problem, but if not, I will distract myself with something like davening, working out, perusing GYE, etc.

Hope this helps!

Benoni

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Re: Keeping Accountability
Posted by happyid - 11 Mar 2021 03:46

[Benoni wrote on 11 Mar 2021 02:37:](#)

You mean once you're aroused in the morning you wanna stay aroused; or do you mean you wanna wake up everyday aroused?

No just once aroused... I don't want to wake up like that every morning!

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Re: Keeping Accountability
Posted by HappyYid - 16 Mar 2021 02:04

I have really big urges these days... still hanging in there.

43 days clean BH!

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Re: Keeping Accountability
Posted by HappyYid - 16 Mar 2021 03:19

Ok guys, I have to admit that I just broke a geder.

I watched porn for a minute (too long) on my wifes work tablet. I didn't ms and that's my bigger goal but I feel very vulnerable now that I did that.

I have Techloq on my laptop which is very good, and iPhone restrictions for my phone which is also very good. But my wifes work tablet is fully open, its not ours so cant just put on a filter, besides my wife needs it to be open somewhat to do things she needs for work. I never used it bec after all its not mine, but I gave some heteirim...I used my wif... they probably don't mind and whatever. And now that I used it once its going to be very hard to not give into the urges.

What should I do? My wife needs it at night to finish up work and she really doesn't want a filter. Although she is usually around and I cant use it, but when there's a will there's a way and I could find times to.

I think I just need something that blocks porn and I could put it on myself because that obviously my wife doesnt need and she wont even realize, which would be best bec although she knows about my ms struggle we never spoke about porn to each other and I cant see it helping my

Thank you

HappyYid

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Re: Keeping Accountability
marriage if she knows that I've watched that stuff
Posted by Lou - 16 Mar 2021 03:46

Without getting into hashkafa and halacha etc isn't it scary to use your wife's tablet for that? Aren't you afraid you may not cover your tracks well that one time and you will be caught? This is obviously not the real solution to the problem, but perhaps that can serve as a deterrent until you figure out an eitzah..

Hatzlocha!

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Re: Keeping Accountability
Posted by Striving Avreich - 16 Mar 2021 10:33

Can you put a password on the tablet that only your wife knows?

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Re: Keeping Accountability

Posted by lionking - 16 Mar 2021 12:25

This might come as a surprise for some people, but contrary to popular belief, it is impossible to be fully filtered in this generation. If it's not your wife's tablet, it might be your next model car, or microwave for that matter.

We got to do what we can do, but on the other hand we cannot rely on filters to save us.

Here are some tips to help you in addition to the excellent advice offered already.

1. Don't be Moreh Heter. Consider using her work device as gezeilah.
2. Assume the possibility that being that it is a work device, it can be monitored. (Note for employers, MDM's are very cheap nowadays and you can even get free options. Really worthwhile for a company to use them to manage their devices.)
3. Setup filtering at the ISP level like JNet, or at least on the Router. Basic simple option would be to use Cleanbrowsing Family Filter and have someone else lock the router settings to prevent changes.

Hatzlacha Rabba

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Re: Keeping Accountability

Posted by HappyYid - 16 Mar 2021 13:01

[Lou wrote on 16 Mar 2021 03:46:](#)

Without getting into hashkafa and halacha etc isn't it scary to use your wife's tablet for that? Aren't you afraid you may not cover your tracks well that one time and you will be caught? This is obviously not the real solution to the problem, but perhaps that can serve as a deterrent until you figure out an eitzah..

Hatzlocha!

You're right I should be scared. But really I'm not because I used secret mode on a different browser wife uses...and she is really not tech savvy and very easy to cover my tracks. But maybe I should convince myself that she actually might see...

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Re: Keeping Accountability
Posted by HappyYid - 16 Mar 2021 13:05

[Striving Avreich wrote on 16 Mar 2021 10:33:](#)

Can you put a password on the tablet that only your wife knows?

Thanks for the idea.

I just need to figure out how to ask her to make a password...I can't just say 'I might watch porn please block it' lol

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