

OivedElokim-I'll never give up

Posted by OivedElokim - 21 Feb 2021 21:37

Day one.

This is my brand new thread for my brand new journey towards purity.

I will keep with me the lessons learned so far and keep my eye on the ball.

Today is the first day of the rest of my life.

A porn and masturbation free life.

A life of positivity and happiness.

A life of Torah and Avodah.

The life G-d intends for me to live.

Wish me luck.

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Re: OivedElokim-I'll never give up

Posted by jackthejew - 24 Jan 2022 09:12

[OivedElokim wrote on 24 Jan 2022 07:41:](#)

I've come to the realization that I need to change my game plan. It's not enough for me to have

filters and a knas system for falling. Filters don't help for other peoples unfiltered devices , and a knas doesn't always serve as enough of a deterrent. That doesn't deal with the underlying issue. I still have a strong desire and "need" to act out. I still believe on some level that porn is good for me. I need to change that. Maybe I need to make a pro/con list. Did that awhile back and it seemed to help for a period. Any comments or suggestions are welcome and appreciated.

Maybe get a partner? guardyoureyes.com/tools/partner-program

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Re: OivedElokim-I'll never give up
Posted by omekhadavar - 24 Jan 2022 13:58

Try Lesson 1 on the Flight for Freedom program.

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Re: OivedElokim-I'll never give up
Posted by OivedElokim - 24 Jan 2022 19:15

[jackthejew wrote on 24 Jan 2022 09:12:](#)

[OivedElokim wrote on 24 Jan 2022 07:41:](#)

I've come to the realization that I need to change my game plan. It's not enough for me to have filters and a knas system for falling. Filters don't help for other peoples unfiltered devices , and a knas doesn't always serve as enough of a deterrent. That doesn't deal with the underlying issue. I still have a strong desire and "need" to act out. I still believe on some level that porn is good for me. I need to change that. Maybe I need to make a pro/con list. Did that awhile back and it seemed to help for a period. Any comments or suggestions are welcome and appreciated.

Maybe get a partner? guardyoureyes.com/tools/partner-program

I'm in frequent contact with several friends from GYE

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Re: OivedElokim-I'll never give up

Posted by OivedElokim - 24 Jan 2022 19:16

[omekhadavar wrote on 24 Jan 2022 13:58:](#)

Try Lesson 1 on the Flight for Freedom program.

How do I access that?

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Re: OivedElokim-I'll never give up

Posted by jackthejew - 24 Jan 2022 19:19

[OivedElokim wrote on 24 Jan 2022 19:16:](#)

[omekhadavar wrote on 24 Jan 2022 13:58:](#)

Try Lesson 1 on the Flight for Freedom program.

How do I access that?

f2f.guardyoureyes.org/

It doesn't work on netfree filtered computers

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Re: OivedElokim-I'll never give up

Posted by Hashem Help Me - 25 Jan 2022 12:29

If you are thinking that way, definitely start the Flight to Freedom program, but do it consistently. It is a great tool.

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Re: OivedElokim-I'll never give up

Posted by OivedElokim - 27 Jan 2022 06:00

Just started flight to freedom tonight.

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Re: OivedElokim-I'll never give up

Posted by OivedElokim - 07 Feb 2022 04:36

Completed lesson 1 of Flight to Freedom (besides for the last assignment). It's a really solid program and I feel like it might help me find the resolve to take quitting seriously.

I got myself a laptop so I can filter it and never need to use an unprotected device. I'll let you

But by now BH I've installed GenTech and I'm very happy with it. Tried downloading WebChaver as well but there was some glitch in the installation. I contacted them and am waiting to hear back.

In my regular life I'm hovering between OK and moderately depressed. Been having a fair amount of Hatzlacha in learning the mesechta that i chose to do for bekus. Spending a nice amount of time on it and finished 20 blatt in about a week and a half. Other then that my learning isn't going particularly great. My morning routine is still not good and I'm looking into a part-time job just to get me up in the morning.

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Re: OivedElokim-I'll never give up

Posted by Shtarkandemotional - 07 Feb 2022 05:30

[OivedElokim wrote on 07 Feb 2022 04:36:](#)

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I see this pattern a lot.. there's a certain consistency once one breaks free if we're using the same device ongoing.. there's less of a trigger of "maybe let's fall" because we developed a certain consistency of not falling with my device. etc. however , whenever we get a new device or we use a new device.. our brains right away shift to the idea of falling. Even if our previous device had been unfiltered.. it's important to look out for this and prepare before buying new devices.

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Re: OivedElokim-I'll never give up

Posted by OivedElokim - 08 Feb 2022 05:07

Day 1

Gonna try to start posting (daily?) more often. Fell last night, clean today. Completed the cost-benefit analysis at the end of lesson 1 of F2F. It moderately strengthened my resolve to kick these habits for good.

Woke up super late today, hope to wake up at a normal time tomorrow and have a (somewhat) productive day.

Warning: Spoiler!

Over and out, OE

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Re: OivedElokim-I'll never give up

Posted by OivedElokim - 10 Feb 2022 00:01

Had a good day today. I'm particularly excited as I finished the first Perek of the Masechta that I'm learning for bekus today. I consider it a major milestone in my learning, as I started just two weeks ago (in an inspired moment, with the goal of making a siyum Erev Pesach-we'll see how that goes...), and I generally struggle with Gemara (for several reasons which are beyond the scope of this post). I'm very proud of my consistency as I don't have a chavrusa for this. There is nothing like the joy of accomplishment in Limud haTorah. I'm posting this here because I have

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But as an aside I found that in moments of satisfaction and accomplishment such as these, there is ~~little~~ no urge to act out sexually. I know this will not last, but it's a lesson that I'll remember-stay busy with good things, and the bad things will have less of an appeal...

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Re: OivedElokim-I'll never give up
Posted by Zedj - 10 Feb 2022 00:29

Mazel tov!

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Re: OivedElokim-I'll never give up
Posted by Sapy - 10 Feb 2022 00:41

Hey buddy, As you say a Double Mazel Tov!!

Good for you!! Thanks for sharing!

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Re: OivedElokim-I'll never give up
Posted by OivedElokim - 10 Feb 2022 04:43

Just installed WebChaver on my phone. Now I have it both on my laptop and my iPhone. Still need to plug up some holes in my iPhone's filter but generally I'm feeling pretty secure. It's amazing the feeling of relief and freedom that washes over you when you realize you don't have to be stuck anymore in these old patterns...

Also, under no circumstances will I masturbate tonight. Just putting out it there...

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