

Giving a Genuine Try

Posted by omekhadavar - 26 Oct 2021 14:12

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Hi everyone,

This is my first time posting here. I'm going to try and keep it up. The goal is to get to 90 days for the first time. Currently, this is my third day clean. I don't have an issue with pornography, I rarely view it. However, I do have an issue with being mz"l, which is usually caused by seeing inappropriate pictures etc.

I've been thinking of ways to remove triggers. I plan on purchasing a basic phone soon, so I hope that will remove help in removing many triggers. Also, I currently have web chaver on my computer, but I plan on getting a filter as well, so I don't see any triggers by accident. Another one of my main problems is when I'm not occupied and end up surfing the web. This almost always leading to me being mz"l when no one is around. I would like to make a neder for at least 20 days not to use the internet unnecessarily, but I'm not sure how to phrase it. Advice would be appreciated.

*-Dvar Ha'emek*

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Re: Giving a Genuine Try

Posted by omekhadavar - 13 Apr 2022 02:09

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[Markz wrote on 12 Apr 2022 03:58:](#)

[omekhadavar wrote on 12 Apr 2022 02:40:](#)

A fresh start

Ok. going to start posting here regularly till zman gets started up again as a form of achrayus.

Yesterday, I had a very productive day in the morning. I went to Shachris, learned for a few hours, and then helped out around the house. But after that, I had nothing planned and started watching YouTube videos and movies. This eventually led to me being triggered and having a setback. This completely threw me off. I went to sleep late, overslept in the morning, and basically lost my entire morning. Luckily, I was able to salvage the rest of my day. I rescheduled with my chavrusah and learned for a few hours in the afternoon. Then I helped kasher a kitchen at home.

I need to set up gedarim at home. For starters, I'm cutting out all movies and YouTube from my diet. Next, I'm removing my computer from my room. I'll leave it downstairs. Lastly, I'll try to schedule my days in more detail.

ly"h I'll have a successful Bain Hazmanim.

Signing off for the night,

*-Dvar Ha'emek*

Love it!

1. "I'm cutting out all movies and YouTube from my diet

I'm removing my computer from my room. I'll leave it downstairs

2. Lastly, I'll try to schedule my days in more detail.

Me personally? #3 can be a more beneficial step than the others, although you definitely don't want to skip those.

In that case, the non-committal "I'll try" can do with tweaking, and the "more detail" can do with something concrete but hey - without too many details.

I can help you with it, however generally it can be more user-friendly if you are the one that gets the punches rolling, so - any ideas here?

Thanks!

I'm not sure what you mean in your last paragraph. Could you clarify?

Thanks

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Re: Giving a Genuine Try

Posted by omekhadavar - 13 Apr 2022 02:12

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Day #1

Today went really well. I accomplished a lot. And had barely any urges. Feeling exhausted now. Gonna go to sleep.

Signing off for the night,

*-Dvar Ha'emek*

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Re: Giving a Genuine Try

Posted by frankly - 13 Apr 2022 14:55

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That is the best - to have a full accomplishing day and use up your energy for good thing!

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Re: Giving a Genuine Try

Posted by omekhadavar - 14 Apr 2022 03:19

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Day #2

Very strong day for the most part. I accomplished a lot. Got triggered at Mincha/Maariv. Overheard a comment that got me very angry.

Signing off for the night,

*-Dvar Ha'emek*

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Re: Giving a Genuine Try

Posted by omekhadavar - 19 Apr 2022 03:34

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Day #4

150th day clean on GYE (total count)!

Today went well B"H, but had a bad start. Overslept this morning, but still made it to my

chavrusah shaft and learned for a couple of hours.

Signing off for the night,

*-Dvar Ha'emek*

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Re: Giving a Genuine Try  
Posted by omekhadavar - 20 Apr 2022 03:13

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Day #5

Not such a great day. Slept through Shachris and didn't accomplish much. Had some pretty strong urges throughout the day, but my gedarim helped me brush them off.

Signing off for the night,

*-Dvar Ha'emek*

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Re: Giving a Genuine Try  
Posted by frank.lee - 12 Jun 2022 06:13

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That is awesome!

Keep up the good work!

How are you doing today?

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