

GYE - Guard Your Eyes

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just do it!

Posted by Ybird - 02 Nov 2021 15:35

Hi everyone here on gye, this is yBird,

I want to post some of my struggle in my journey to 90 days clean, I'm in my low 20's with 2 children, in a Chasidic community in brooklyn, Before my chasuna i B"H didn't know of any shmutz (WHAT?!) not erection, not p**n, only holiness ty"h, but I did sometimes have lust thoughts going through my mind like imagining how to have s*x and how it would look like after my Chasuna, also I used to have wet dreams once in a while.

I married a wonderful wife and we had a wonderful marriage, but not for too long. The first 6 months after marriage we had a wonderful love life with intimacy every single day, but it all came crashing down when she got pregnant, it went from 7 times a week to once in every 7 weeks or even less! it was very hard for me, really tough but i got thru it for some time, till i discovered that i could have pleasure without having my wife involved RCH"L, also i started to watch p* on my wife's phone when she didn't see, first it was very few and far inbetween, but it got more frequently, and i sometimes i even opted in for own pleasure instead of real s*x with my wife,

After first baby things didn't get any better from wife's side, she got totally disinterested in having s*x, after a year and change she got pregnant again and now she is after her 2nd baby, and I'm reaching out to hashem to save my s*xless marriage, and myself from avairesi started GYE right before Rosh Hashana, together with the 90 day calendar but I fell a few times,

please if someone could give me some advice or chizzuk i would appreciate it very much. If you read till now please forgive me for writing such a long post

thank you.

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Re: just do it!

Posted by Ybird - 30 Mar 2023 20:19

written by CHAT GPT (Goilem)

Once upon a time, in the heart of Brooklyn,

Lived a Hasidic man named Ybird, who was a bit of a rookie.

He struggled with lust, and couldn't resist,

The temptation that came with his computer's list. But one day, he found GuardYourEyes,

A place that helped him to rise.

With programs, tools, and lots of love,

He rose above the lustful shove.

But alas, Ybird's job was not as safe,

As he thought it was, and he had to face,

The fact that the filter on his computer,

Was not up to par, and could not be a tutor. So he searched and searched for a new place,

A job that would be a better space,

And lo and behold, he found a new gig,

That offered him 25k more a year, a real bigwig!

Ybird was now soaring high,

With his new job and his sobriety nigh.

But he didn't stop there, oh no,

He used his experience to help others grow. He inspired Jews from far and wide,

To keep their urges at bay and their pride.

With his humor and wit, he made them laugh,

And showed them that sobriety was not a tough task. So if you're feeling down and out,

Just remember Ybird's story, no doubt.

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Re: just do it!

Posted by DavidT - 30 Mar 2023 20:31

[Ybird wrote on 30 Mar 2023 19:43:](#)

Today I reached a new milestone of **500 days clean!!**

Since summer (about 7 months) I don't gaze at woman on the street, I walk with my eyes down on the floor,

and BH with good filters I am clean on technology devices

TY"H for helping me throughout my journey, without Hashem's help I wouldn't have made it even 1 day clean.

TY"H for the amazing GYE team and members, especially the Yiddish site hitdanoigen.com.

TY"H for my amazing life full of freedom and happiness without being a slave for lust.

TY"H for giving me the opportunity to be open and caring for my wife and kids, without living with a dark secret making a blockage between me and real life.

Congratulations!

You are a role model!!

Keep it going BE"H!

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Re: just do it!
Posted by Eerie - 30 Mar 2023 23:59

Amazing! Keep it up, keep on inspiring us, and keep sharing your words of wisdom!

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Re: just do it!
Posted by DavidT - 20 Apr 2023 20:18

[@Ybird](#)

how is day 520 going?

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Re: just do it!
Posted by Ybird - 23 Apr 2023 18:22

[DavidT wrote on 20 Apr 2023 20:18:](#)

[@Ybird](#)

how is day 520 going?

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(we're keeping track

Bh, 524 days feels great

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Re: just do it!
Posted by Ybird - 07 Jul 2023 03:52

Hey guys,

600 days is just around the corner, I can already smell it

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Re: just do it!
Posted by chaimoigen - 07 Jul 2023 13:13

The tantalizing scent of that awesome accomplishment is giving me a healthy surge of Kinas Sofrim! And fueling my internal engine with a lot of hope and belief to stay on this path.

Hoping and planning on being there with you in a little under 550.

But never to surpass you.

kol hakavod!!!

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Re: just do it!
Posted by Ybird - 11 Oct 2023 14:32

Hi Guys!!

Its really sad but i went from 691 days clean down to 2.

i have been doing great for a long while, (like really looooong) and now such an intense sadness,

I've been this Chol Hamoed in Orlando, to some places where Tzniyut is not on their priority, and WITHOUT my wife, i had no choice, i couldn't stay home (read reason later in the post), and after being turned up by these sights i started searching on my filtered tablet, and from there to prohibited thought's during the night, and in the morning shower i did accidentally started rubbing myself and the unformidable happened

but i was thinking to myself, if you take flour, eggs, sugar and baking powder and mix them together you get a cookie, same with this, you take a single man (temporary of course, my wife had given birth to a baby and was resting in a Kimpeturen home back home), you put him in Disney land during the sweltering heat with all those scantily clad girls this is the outcome, but merely 2 days later i did it again during the night of Hoshana Rabah, and again Simches torah Morning,

With the 2'nd and 3'rd times it happened i felt that it was only the Satan wants me to think that I am in his back pocket, his long lost customer is back to normal business,

and am walking around with this intense shame and guilt that the hero is gone, i was about to celebrate my 700 days clean and now look at me.

Have all a nice day,

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Re: just do it!

Posted by taheerlibeinu - 11 Oct 2023 14:53

You went 691 days clean.. This is beyond incredible. Forget about what happened and move on. Don't think about it one bit. Thats just the YH talking. You are a tzaddik. that is nearly 2 years clean.. truly amazing.. Move on and remember what a tzaddik you are. The Hero is right

there inside of you, nu now its another test.. sometimes we are up sometimes we are down but we never give in. The hero is inside you, don't let the YH tell you otherwise. 691 days.. Incredible. I am inspired by you.

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Re: just do it!
Posted by connected - 11 Oct 2023 15:00

Hey Ybird, welcome back.

Taking a hit after 691 days sounds awful (especially for the ego if we're being honest).

The good news is, you weren't killed in action. Here's my outstretched hand, get back into the tank and rumble on!

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Re: just do it!
Posted by chaimoigen - 11 Oct 2023 22:03

Takes guts to write that post. With all the details.

Takes more guts to get to where you were. And where you are is where you were plus a few mistakes.

Regret is a healthy emotion.

Guilt generally is not.

There's a world of a difference.

Shame can be harnessed, or it can run you over and trample you with its iron hooves.

You can feel shame in front of yourself, the guy who is writing the post. Ok, you won't want to let him down again.

Ask for help from Hashem, and as Connected says: Get back in the tank!

KOMT

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Re: just do it!
Posted by Ybird - 16 Oct 2023 15:07

Day 8

+ 766 cumulative days

guys i'm fully back, we are not giving up

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Re: just do it!
Posted by Hashem Help Me - 16 Oct 2023 15:10

[Ybird wrote on 16 Oct 2023 15:07:](#)

Day 8

+ 766 cumulative days

guys i'm fully back, we are not giving up

The attitude of a healthy guy.

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Re: just do it!

Posted by Ybird - 01 Nov 2023 13:13

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