

just do it!

Posted by Ybird - 02 Nov 2021 15:35

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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 - 14 Nov 2023 14:32

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good morning everyone.

Today is November 15,

Today would have been 2 years clean for me, but thanks to my stupidity I'm only 37 days clean of masturbations.

but still 2 years clean of watching Pornography.

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Re: just do it!

Posted by chancy - 14 Nov 2023 14:55

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[Ybird wrote on 14 Nov 2023 14:32:](#)

good morning everyone.

Today is November 15,

Today would have been 2 years clean for me, but thanks to my stupidity I'm only 37 days clean of masturbations.

but still 2 years clean of watching Pornography.

Hi Ybird, so good to hear from you again!

2 years from Porn and Masturbation! you can fall one day that doesnt take away the 2 years.

And dont call yourself stupid. Masturbation is a very tough habit to kick because we cant lock it up or filter it (or cant we? how does a chastity belt work?.....something to look into).....

Anyway, onward and upward buddy....

You are incredible and inspiring. Dont tell yourself otherwise.

Thank you

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Re: just do it!

Posted by davidt - 19 Nov 2023 16:56

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[Ybird wrote on 14 Nov 2023 14:32:](#)

good morning everyone.

Today is November 15,

Today would have been 2 years clean for me, but thanks to my stupidity I'm only 37 days clean of masturbations.

but still 2 years clean of watching Pornography.

**Mazel tov on the 2 years clean of porn and mazel tov on the ~~only~~ 37 days clean of masturbations!**

Maybe reword "thanks to my stupidity" to "thanks to the ruach shtus stupidity"

The Talmud states: A person does not sin unless a spirit of insanity — ruach shtus — enters him. (Sotah 3a)

Keep on inspiring all of us!

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Re: just do it!

Posted by Ybird - 08 Jan 2024 14:40

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90



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Re: just do it!

Posted by davidt - 08 Jan 2024 15:57

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[Ybird wrote on 08 Jan 2024 14:40:](#)

90



Mazel Tov!

Clear results of your great work and not letting yourself get discouraged from a fall!

Keep it up!

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Re: just do it!  
Posted by Hashem Help Me - 09 Jan 2024 21:51

Mazel Tov buddy!

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Re: just do it!  
Posted by Ybird - 17 Jan 2024 14:18





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Re: just do it!

Posted by ybird - 10 Sep 2024 13:49

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yeh i know some of you are confused, why is Ybird on day 2?

Basically for the last couple of months i should have reset my chart several times according to the rules, ive went in p\*\*n sites a few times but only for a short time, sometimes only 5 minutes and only watched "soft" stuff not the real thing, but i didn't because I thought that by resetting things will get worse, but last Thursday i watched some stuff that i shouldn't (also soft stuff, that i could have faked it and not reset) so i decided that i have to stop faking it and change my life to the better (i could have blamed it on my wife that dont want to put a filter on our tablet, but its me to blame, "who asked you to watch p\*\*n?")

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Re: just do it!

Posted by neshamaincharge - 10 Sep 2024 14:46

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[ybird wrote on 10 Sep 2024 13:49:](#)

so i decided that i have to stop faking it and change my life to the better (i could have blamed it on my wife that dont want to put a filter on our tablet, but its me to blame, "who asked you to watch p\*\*n?")

Thank you ybird for inspiring us and teaching us that it's possible to resist the natural urge to blame our wives.

???? ??

R' Tweski wrote that man's basic needs are food, clothing, shelter and someone to blame.

I heard an idea in the name of R' Shmuel Brazil that ???? is the opposite of ????.

???? means "if only", "but for" or "if not for".

We spend so much of our life blaming everyone and everything. Elul is the time that we turn it all around and tell ourselves "NO excuses", period.

Wishing Hatzlacha to all!

#extremeownership #eraseelulexcuses

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Re: just do it!

Posted by odyossefchai - 10 Sep 2024 15:05

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I've been discouraged so many times from all the falls.

I once read somewhere (or maybe I thought of it myself) it's kinda morbid, and the guys on here who have beat the challenge will maybe disagree....

Anyways...so maybe the nisayon is not to be clean but how do you pick yourself up after you do something wrong. You will have this challenge and falling forever, but how do you react the day after.

(It's probably borderline kefirah to say that you will fall, but that's my way of looking at it)

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Re: just do it!

Posted by redfaced - 10 Sep 2024 15:19

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[odyossefchai wrote on 10 Sep 2024 15:05:](#)

I've been discouraged so many times from all the falls.

I once read somewhere (or maybe I thought of it myself) it's kinda morbid, and the guys on here who have beat the challenge will maybe disagree....

Anyways...so maybe the nisayon is not to be clean but how do you pick yourself up after you do something wrong. You will have this challenge and falling forever, but how do you react the day after.

(It's probably borderline kefirah to say that you will fall, but that's my way of looking at it)

The Nisayon **is** to be clean.

RIGHT NOW.

Forget about yesterday the day before and 30 seconds ago.

You dont have to have the challenge forever. I just hit my 500th clean day as referenced in this brilliant post. A few short years ago I would never have imagined such a thing possible. But GYE is the place where miracles happen - you just need to make the miracle happen yourself.

Hatzlocha!!

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Re: just do it!



Posted by BenHashemBH - 10 Sep 2024 15:28

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[odyossefchai wrote on 10 Sep 2024 15:05:](#)

(It's probably borderline kefirah to say that you will fall, but that's my way of looking at it)

Do you feel the same way about speaking lashon hara?

If you think you can't change - that would be kefirah.

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Re: just do it!

Posted by jewizard21 - 10 Sep 2024 16:03

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I wouldn't say it's borderline kefira to say that you would eventually fall. That mindset is actually part of this nisoyon. The future is irrelevant. How can you change the future if you aren't even there yet to know what will happen?

The same goes for the past. You cant change what you have done, unfortunately, so don't dwell on it, learn from it. Notice your what triggered you and use that in the moment so that you can be stronger.

The past and the future can be demoralizing when it comes to the large scope of things, but take a step back and think of yourself now, this moment. Not an hour ago and even 15min from now. Maybe you just fell and need chizuk, or you have an urge and came here to distract yourself. Think of what you are doing, you are fighting the battle and in this moment you are winning bc you either are getting back up or fighting off the urge.

So no its not kefirah to think that, its just the wrong way of looking at this battle for our minds and changing that outlook is part of winning

ODAAAT - One Day At A Time. Not yesterday. Not tomorrow. TODAY!!

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Re: just do it!

Posted by ybird - 06 Dec 2024 16:39

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I'm getting ready for amazing Shabbos, I'm arriving at 90 days for the 3rd time,  
my first streak for close to 700 days, my 2nd streak for close to a year (just a few weeks short)  
without that 2 fails i would have been next week 3 years clean

so I'm technically 3 years clean minus 3-4 days in total that's missing in that

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