

GYE - Guard Your Eyes

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Destination - 90 days, A human beings journey.
Posted by Human being - 05 Jan 2022 18:52

Here I go, this will be the spot for my journey to 90 days! I'm excited to finally start. Its my first time legitimately trying to stop masturbating and calling phone sex lines to listen to the recordings (and occasional porn when I have access).

Whatever my ETA is, 90 days is my destination.

I will hopefully post every day. Any feedback is appreciated.

I usually have a really hard time with phone sex lines when I'm in bed and going to sleep, which has always ended in masturbation. This is especially when I have a hard time falling asleep.

See you down the road- enjoy the ride!
#HashemWillHelpMe.#MyFatherMyKingMyLoveAndHeLovesMeToo

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Re: Destination - 90 days, A human beings journey.
Posted by Human being - 25 Dec 2022 01:04

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Re: Destination - 90 days, A human beings journey.
Posted by Human being - 26 Dec 2022 22:10

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Re: Destination - 90 days, A human beings journey.
Posted by Human being - 28 Dec 2022 08:11

122. i did 3 hours of sexual browsing and I'm logging off mu computer at 3:08 AM. I'm so upset. Im going to reaffirm my commitment to stay away from the computer at night. So frustrating to fail though. i feel like such a failure. Freaken on my computer till damn 3:09 AM now. Ok i have to work on accepting the part of myself that had a lot of anxiety and needed to escape to browsing and browsing andbrowsing. Good night Y'all

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Re: Destination - 90 days, A human beings journey.
Posted by Human being - 28 Dec 2022 22:05

123 No computer tonight. Thank god ill get some sleep

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Re: Destination - 90 days, A human beings journey.
Posted by Human being - 02 Jan 2023 03:27

I fell for real for the first time in 124 days. I'm down right now. Quite down indeed. I know how it happened but i dont have any answer to make sure its not going to happen again. My chavrusa isn't being consistent, and i am unable to learn myself. I then do things that are at best time consumers, at worst, are unproductive and make me lazy, lethargic and feel really empty and like garbage.

I want to learn I wish i was able to learn by myself. Unfortunately im currently unable.

Hashem really set up a heavy nisayon today. i was feeling empty and unfulfilled, gross, and feeling down about everything since i want to learn myself but i am unable. Which makes me feel really sad. Then, after spending the first 10 hours of my day feeling empty and not doing anything productive, i go to my "computer place" which has a filter and is in public. Lo and behold the filter wasn't working and almost no-one was around. So frustrating. Im thinking about taking a computer break for 2 weeks now. I'm so sad right now.

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Re: Destination - 90 days, A human beings journey.
Posted by Teshuvahguy - 02 Jan 2023 04:17

[Human being wrote on 02 Jan 2023 03:27:](#)

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Try not to be too sad or dwell on it. You have been doing great and this doesn't negate a single moment of all the days that preceded this momentary slip. This is just a minute speck of dust along a 124 day clean road. Chin up, back straight, eyes forward...move on.

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Re: Destination - 90 days, A human beings journey.
Posted by sleepy - 02 Jan 2023 17:00

[Human being wrote on 02 Jan 2023 03:27:](#)

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i really hope that the debate on your quote didnt cause it, i have had such an experience .im doing great in days then i post something which people comment on , maybe not very respectfully , then i feel down and embarrassed on gye even though nobody knows who i really am.but for a meshugana like me , i still feel humiliated , and then boom, fall!

now i just post what i want to post , and who cares if people agree or not, post what you feel is right , vzehoo! hatzlacha !

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Re: Destination - 90 days, A human beings journey.
Posted by Emes-a-Yid - 03 Jan 2023 00:59

[Human being wrote on 02 Jan 2023 03:27:](#)

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Hi human Being, I don't know what I can say that may help, but if I can I will share about myself. I myself when it was 1st year beis medrash in E"Y yeshiva, I had my device and believe it or not it was my first time in such holy makom, 18 years old, and I said to myself although I have sinned before I will not do so, it will not be done here in such makom kedusha. I really felt it was an outright something wrong, but after quite sometime I have fallen unfortunantley. But I started with programs of shovavim, did 6 weeks, and then longer some even 5months or so, yet there has been times I have fallen right after. I can't say I know what to do I only am at about 2 months and I feel great and I am sure you have done, you shouldn't let this one fall put you in a stationed low and continue that fall, rather use it as a flip zone, because Hashem wants you to have the mindset to do what you can and serve HK"BH B'emes and that can be done. It is humanly to have ta'avos and now you have a next stage of how will you seek the next few days, are you going to be remained or grow and strive with Hashem and our gye buddies, You are here voluntarily doing these posts because you care and I believe you can continue shtark, Like the Staples Button that when you click on it it says "That was EAAASSZZZY", here too Pretend or have a makeshift one saying "VIYYYYTAAAR" and don't "pitty potty" exuse my language, but that's clearly the yetzer, you have gotten far and although it's hard you can build back up, you have proven so yourself, and I am proud of you, Hatzlacha. from emesayid

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Re: Destination - 90 days, A human beings journey.
Posted by Human being - 03 Jan 2023 22:14

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now i just post what i want to post , and who cares if people agree or not, post what you feel is right , vzehoo! hatzlacha !Thank g-d no. I love the truth finding here and someone who has facts on their side and strongly puts them to the test has my respect and I feel ok. (sometimes I feel frustrated) There was one time that i felt down. But it wasn't anyone's fault. I was in middle of a heavy emotional flashback. And that person was even kind enough to remove his posts just because they triggered me. So we all good out here. I'm sorry to here that you feel humiliated sometimes. And you are not a meshugana. You are a wonderful human being. We love you. And we don't think your a meshugana out here.

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Re: Destination - 90 days, A human beings journey.
Posted by Human being - 03 Jan 2023 22:18

[Emes-a-Yid wrote on 03 Jan 2023 00:59:](#)

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have the mindset to do what you can and serve HK"BH B'emes and that can be done. It is humanly to have ta'avos and now you have a next stage of how will you seek the next few days, are you going to be remained or grow and strive with Hashem and our gye buddies, You are here voluntarily doing these posts because you care and I believe you can continue shtark, Like the Staples Button that when you click on it it says "That was EAAASSSZZZYY", here too Pretend or have a makeshift one saying "VIYYYYTAAAAR" and don't "pitty potty" exuse my language, but that's clearly the yetzer, you have gotten far and although it's hard you can build back up, you have proven so yourself, and I am proud of you, Hatzlacha. from emesayid

I didn't fall because of my "tiavos" it wasn't a lust problem. It was a boredom and empty problem. I had spent the whole day doing nothing and i needed some sort of distraction. I was so down empty and depressed, that I didn't even masturbate while watching an hour of porn. Most of the time i was disgusted and not even looking at the screen. I was just trying so hard to distract myself. Had i had a gaming system i would have done that instead of porn. I would have played MLB2K 14 for heavens sake. Just to escape depressing hopeless emptiness.

And thank you so much for the support! Only love.

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Re: Destination - 90 days, A human beings journey.
Posted by Hashem Help Me - 04 Jan 2023 12:25

[Human being wrote on 03 Jan 2023 22:14:](#)

I fell for real for the first time in 124 days. I'm down right now. Quite down indeed. I know how it happened **but i dont have any answer to make sure its not going to happen again.**

Later in your post you mention that if you had access to gaming, you would have possibly escaped the boredom/unproductive feelings using that venue. Based on that i would suggest you develop a list of healthy or even semi healthy outlets when you need an escape. We all need a break from reality at times, and outlets are beneficial. Maybe gaming is not the suggestion most would choose due to its potentially addictive nature, lack of productivity, as well as its connecting one with the wrong group of people, but you appear to be a well thought through and intelligent person who knows his necessary boundaries. Whether gaming is or is not your "choice", there are so many possibilities for "occasional replacement for missing chavrusa" syndrome. Of course, if this is a very frequent occurrence it may be time to look for a

new one.

One other thing to keep in mind. A fellow who is clean BH for an extended period of time and acts out in an extreme situation (such as yours), should realize, "Ok, BH i have learned how to stay clean in most typical normal situations. I can assume that i will continue staying clean on regular weekdays, Shabbos, etc. I know that i have to plan better for tougher matzovim, but meanwhile i should not assume i am going back to the regular daily struggle. I graduated from that, and b'ezras Hashem will retain that purity."

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Re: Destination - 90 days, A human beings journey.
Posted by cordnoy - 04 Jan 2023 13:22

[Hashem Help Me wrote on 04 Jan 2023 12:25:](#)

[Human being wrote on 03 Jan 2023 22:14:](#)

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Later in your post you mention that if you had access to gaming, you would have possibly escaped the boredom/unproductive feelings using that venue. Based on that i would suggest you develop a list of healthy or even semi healthy outlets when you need an escape.

Thank you.

Example of list: Sudoku; "all-time greatest hockey hits where teeth fall out"; wordle; jog around the block 3x; check out the freezer for ice cream; see if I can find that football player fall on his head from an angle I haven't seen yet - perhaps one of the owner's 3 girlfriends in his suite has it on her instagram page, actually I don't know her name - how would I find that?

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Re: Destination - 90 days, A human beings journey.
Posted by Eerie - 05 Jan 2023 02:22

My dear friend, we are here for you! remember the simple truth: One day clean is one day clean, and its yours forever and ever. Nothing you will ever do will take away the days that you were clean. You have a treasure house that's yours, and only yours. And especially after a long streak like that, my friend you have got to pat yourself on the back. Just don't pat too hard:). It's like a guy loses 30 pounds, dieting religiously, then he goes on a rampage, eating everything in sight. Mistake? Yes. Undid his months of weight loss? Absolutely not. Keep trucking my friend! p.s. You gotta remember when people argue with you, just remind yourself that you're right, that's all. The heck with them;) On a serious note, we care, we are here for you, and even those with different opinions would do anything to help you. We are brothers here! Keep your chin up!

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Re: Destination - 90 days, A human beings journey.
Posted by jackthejew - 05 Jan 2023 18:23

[Human being wrote on 03 Jan 2023 22:18:](#)

I was just trying so hard to distract myself. Had i had a gaming system i would have done that instead of porn. I would have played MLB2K 14 for heavens sake. Just to escape depressing hopeless emptiness.

And thank you so much for the support! Only love.

I still find playing Super Mario Bros on my old DS oddly nostalgic:stuck_out_tongue_closed_eyes:

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