

My new life

Posted by bochur23 - 25 Jan 2022 11:45

I was debating if I should just continue my old thread

(<https://guardyoureyes.com/forum/19-Introduce-Yourself/359379-restarting>), but I decided to make a fresh start.

I've "tried" many times before to fight this, without much success. Over the past year, I've had some better times, but so far nothing lasting.

What's different now is that boruch hashem I have constant access to GYE on a filtered device (until now it was always on unfiltered devices, which is why I didn't visit too often). Hopefully that will help things along, as I'll be able to use all the resources available to help me.

Im yirtzeh hashem I will now be able to update every day, and I plan to do so.

So today starts day 1 of the rest of my life!

Bochur23

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Re: My new life

Posted by retrych - 28 Oct 2022 12:21

Ok, you've had a month. Now whats your plan? We've all been through the nothing works stage, multiple times for me. But there's always another way

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Re: My new life

Posted by bochur23 - 31 Oct 2022 02:17

I don't know how to make a plan for the situation I was in. Other people might be different, but I haven't found anything that helped deter me when I'm in a place with unfiltered internet freely available.

Last week I started working in an out of town yeshiva, so I don't have access to Internet (except on my phone, which is filtered). BH I was clean the whole time I was there. And by clean I mean both from watching porn and masturbating (usually I was mainly focusing on not watching and considered that clean)!

unfortunately, I had to come back for a day or two, and I fell again, but once I go back I should IYH be able to get a good clean streak going.

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Re: My new life

Posted by Hashem Help Me - 31 Oct 2022 11:15

A suggestion that has BH worked for many others - Maybe write up a 30 day contract that forbids use of any unsafe devices **even for kosher purposes**. You can knas yourself a minimal amount for breaking your geder of using such a device even for just checking the weather. In concept you are declaring those devices as "muktza". Of course you can add an exception that if a very big need to use such a device arises, you may use it after contacting a friend (real or GYE) and telling them to hold you accountable for the next 20 minutes or so...

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Re: My new life

Posted by retrych - 31 Oct 2022 17:12

Is there something that can push you for jsut 24 hours? (not really 24, just whatever hours you would have the nisayon)? Some thought, knas, distraction? Something else to do?

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Re: My new life

Posted by bochur23 - 02 Nov 2022 00:26

@hashem help me: hasn't worked for me long term, for various reasons (see previous posts). Either way, I'm on my way back to yeshiva now so should be alright for now (and today was also totally clean). For those that'll say not falling when there's no access isn't such an accomplishment - I agree. But every clean day is still a day.

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Re: My new life

Posted by Hashem Help Me - 02 Nov 2022 20:29

[bochur23 wrote on 02 Nov 2022 00:26:](#)

For those that'll say not falling when there's no access isn't such an accomplishment - I agree.
But every clean day is still a day.

I guess we can argue in semantics what is considered an accomplishment, but i think we all agree that a person who, for argument's sake, has not seen shmutz for an entire year, even if it is only due to lack of access, is in a very good place. He has definitely internalized that there is life without pornography.

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Re: My new life

Posted by bochur23 - 15 Nov 2022 06:25

Tonight is 14 days clean from watching porn, the last time was Monday night two weeks ago.

although, no effort was put in for this since I don't have any way to watch. But I guess I did make the decision to come here instead of staying where I was before until after tishrei.

That's it for now.

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Re: My new life

Posted by Teshuvahguy - 15 Nov 2022 14:12

[bochur23 wrote on 15 Nov 2022 06:25:](#)

Tonight is 14 days clean from watching porn, the last time was Monday night two weeks ago.

although, no effort was put in for this since I don't have any way to watch. But I guess I did

make the decision to come here instead of staying where I was before until after tishrei.

That's it for now.

Still an accomplishment. And yeah, making the decision was a huge choice. Kol haKavod! Keep on going!!

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Re: My new life

Posted by bochur23 - 18 Nov 2022 21:00

Day 18. I'm at home for Shabbos until Sunday afternoon. Hoping to be busy enough not to mess up.

Gut Shabbos

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Re: My new life

Posted by Teshuvahguy - 18 Nov 2022 21:15

[bochur23 wrote on 18 Nov 2022 21:00:](#)

Day 18. I'm at home for Shabbos until Sunday afternoon. Hoping to be busy enough not to mess up.

Gut Shabbos

I'm pulling for your success and you will be in my thoughts! Gut Shabbos!!

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Re: My new life

Posted by Geshmak! - 20 Nov 2022 04:15

[bochur23 wrote on 18 Nov 2022 21:00:](#)

Day 18. I'm at home for Shabbos until Sunday afternoon. Hoping to be busy enough not to mess up.

Gut Shabbos

Hope so too!! Maybe plan urself a schedule for tomorrow morning like what time Ull daven and how long ull learn and maybe go biking or jogging etc. plan how ur gonna spend a beautiful day... cause a boring Sunday might not end so beautiful... ?????? ???!

hope to see a nice post tomorrow night abt how you enjoyed your beautiful Sunday home...

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Re: My new life

Posted by Geshmak! - 20 Nov 2022 16:38

Dear bocher! How's your Sunday going?

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Re: My new life

Posted by bochur23 - 20 Nov 2022 23:59

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Back in yeshiva

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Re: My new life

Posted by Geshmak! - 21 Nov 2022 00:15

[bochur23 wrote on 20 Nov 2022 23:59:](#)

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Back in yeshiva

Yay!! I'm (we're) so happy for you! Keep up ur great work! shteig away ????? ??? !!

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