Chapter 2 - ??? ???? ???? ???
Posted by ??? ???? ???? ??? - 23 Aug 2022 12:52

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I started with GYE on January 22, 2020. I have had streaks of 88, 188, and 233. I have had 835 cumulative clean days in the last 944 days. Without the work that I have done, I don't think that I would even have 500 days. With the exception of a few rough patches, most of the "falls" that I have had were without pornography. In other words, in the last 944 days, I am assuming that over 900 of those days were pornography free! My biggest win has been that I have managed to, both emotionally and spiritually, size down my struggle.

Still, the work is far from over and, thanks to *Hashem*, today is a new day!

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Re: Chapter 2 - ??? ???? ???? ???
Posted by ??? ???? ???? ??? - 05 Mar 2023 12:41

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Day #0.

I had a fall last night. I should've already considered it a fall when I broke the boundary that I wrote about in the previous post. I plan to set up some more accountability when I need to be on a computer for an extended period of time.

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Re: Chapter 2 - ??? ???? ???? ???
Posted by excellence - 05 Mar 2023 23:07

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Do you have web chaver?

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Re: Chapter 2 - ??? ???? ???? ???
Posted by ??? ???? ???? ??? - 08 Mar 2023 02:31

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Day #3. One day at a time. My goal is to keep the boundary that I set before, two posts ago. Namely, to be intentional about how I use the Internet. It is not a zone for me to hang out in. It is a tool. That's it. I have seforim and other interests offline that I should be spending my time with. On Monday morning, when I wanted to take a break from work, I looked into my chumash as opposed to looking around for anything online.

My plan is to post or text my GYE connection when I am going to be at my computer for an extended period of time for accountability. Thank you all for being there through reading my posts, thank yous and replies.

@excellence, I don't have web chaver. I am working with Python that has particular SSL certificate specifications. I wasn't able to troubleshoot the issue with GenTech. If anyone has experience with this matter, please PM me.

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Re: Chapter 2 - ??? ???? ???? ???
Posted by frank.lee - 08 Mar 2023 08:22
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I know people who use python and are able to get it to work with techloq. They should be able to sort out the ssl issues.

Hatzlacha!

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Re: Chapter 2 - ??? ???? ???? ???
Posted by Emes-a-Yid - 08 Mar 2023 14:07
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Keep up the great progress!

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Re: Chapter 2 - ??? ???? ???? ???
Posted by ??? ???? ???? ??? - 08 Mar 2023 14:32

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[frank.lee wrote on 08 Mar 2023 08:22](#)**:**

I know people who use python and are able to get it to work with techloq. They should be able to sort out the ssl issues.

Hatzlacha!

Thank you so much, frank.lee! I am going to give techloq a call. Awesome!

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Re: Chapter 2 - ??? ???? ???? ???
Posted by ??? ???? ???? ??? - 09 Mar 2023 00:03

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Day #4.

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Re: Chapter 2 - ??? ???? ???? ???
Posted by ??? ???? ???? ??? - 10 Mar 2023 00:01

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Day #5.

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Re: Chapter 2 - ??? ???? ???? ???
Posted by ??? ???? ???? ??? - 12 Mar 2023 02:05

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Day #7.

I resisted doing something that I did this week for a long time. I've thought about it and have done it for maybe a few hours, but never for a full day and never for a full week. This week, I was able to use the Internet intentionally. Email, other communications, and looking up specific things for whatever I was doing. No mindless browsing and clicking. I don't consider reading

. I don't know what happened locally, nationally, or internationally in the last week and I'm really okay with that. I have long thought that one of my primary triggers is when I get sucked into the web browser even for things that are not necessarily a problem. The mindlessness that happens. The lack of control and intentionality. That leads me to falls.

In my last 34 or so day streak, I had challenges. I had to use the resources available to me to overcome urges to get to day 34. This week, I didn't have any challenges. There was no news a problem, but I didn't. I disconnected from the news and.. I survived struggle. The boundary of not using the Internet for unnecessary purposes was enough.

But here's the thing. It's not only that I didn't look at pornography or masturbate. I was more productive at work, I learned [much] more Torah, and went to sleep earlier. I am proud of myself and I pray to Hashem that I can continue to keep that boundary one day at a time.

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Re: Chapter 2 - ??? ???? ???? ???
Posted by ??? ???? ???? ??? - 13 Mar 2023 00:34

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Day #8.

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Re: Chapter 2 - ??? ???? ???? ???
Posted by OivedElokim - 14 Mar 2023 04:18

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Keep it up, rockstar!!!

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Re: Chapter 2 - ??? ???? ???? ???

Posted by ??? ???? ???? ??? - 15 Mar 2023 00:39

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Day #10.

5 / 5

It took me a long time to fall asleep last night. Was just lying there thinking "I know a way to help me relax." Said to myself, "It's not an option."

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Re: Chapter 2 - ??? ???? ???? ???
Posted by ??? ???? ???? ??? - 16 Mar 2023 00:48

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Day #11.

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Re: Chapter 2 - ??? ???? ???? ???
Posted by ??? ???? ???? ??? - 16 Mar 2023 18:41

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Last night, I was up a bit later than I would've liked and I was thinking about "acting out" as it is referred to on this forum. Been spread thin the last week or two and I needed (and still need) a break. I asked myself what type of pornographic material do I want to view right now. I had no answer. Not recommending this to anyone as part of a prevention strategy, but that actually stopped me. I introduced logic and reason into the mix. I wanted a diversion. I wanted an escape. I wanted to be able to forget about my stressors. I didn't actually want to look at pornography. Called it a night and went to sleep. Still [proudly] holding by GYE day count #11.

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