

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 ??? ????? ????? ??? - 09 Sep 2022 03:15

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Day #10.

I am struggling right now, as I write this post, with an urge to experience sexual pleasure. I texted my GYE contact. I am posting here.

What is my motivation? I can "fall" and not get caught by anyone in real-life. I can "ghost" my GYE contact and stop logging into this website. As much as my faith is that G-d cares that I don't indulge in forbidden sexual pleasures, that faith is not making a difference right now in my experience. Here is my actual motivation right now: If I will wake up tomorrow morning and find out that I am living my last day, I will be at peace if I know that I didn't look at pornography and masturbate the night before I died. On the other hand, I will be ticked off at myself and sad if my last night in this world was spent in familiar "fall" mode.

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

Posted by ??? ????? ????? ??? - 09 Sep 2022 13:24

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All good last night!

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Re: Chapter 2 - ??? ????? ????? ???  
Posted by chatter22 - 09 Sep 2022 13:52

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great!

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Re: Chapter 2 - ??? ????? ????? ???  
Posted by ??? ????? ????? ??? - 11 Sep 2022 02:59

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Day #12.

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Re: Chapter 2 - ??? ????? ????? ???  
Posted by yankel62 - 11 Sep 2022 19:33

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wow a real inspiration for me not to give up

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Re: Chapter 2 - ??? ????? ????? ???  
Posted by ??? ????? ????? ??? - 13 Sep 2022 00:41

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Day #14.

Interesting thought that I had today. A nuance. In the heat of the moment, at the height of an urge, I don't find it hard to say "no." The hard part is "now what?" What activity can I do in that moment that will give me a sense of satisfaction, pleasure, inner peace, sense of accomplishment, meaning, or whatever it is? That to me is the hard part. The urge to look at

explicit material and masturbate is so strong and, in the moment, I can't think of anything that will address my need.

This is why keeping busy has been such an important part of my dealing with the struggle, but it is not enough to say in the heat of the moment, "I better keep busy." That just has never worked for me. One of my other struggles is that when I have a lot to do, I get overwhelmed and end up not being on top of my responsibilities. Breaking down my obligations into small manageable pieces and then going through the list one by one has been helpful in the arena of productivity. Through being on task and feeling like I am accomplishing, I have also avoided having moments or periods of urges. And that is what I am going to do tonight. A to-do list!

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Re: Chapter 2 - ??? ????? ????? ???  
Posted by ??? ????? ????? ??? - 13 Sep 2022 13:33

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I struggled last night, but I persevered and said "no." I feel a sense of accomplishment today for resisting the urge. Each time I say "no," I am reinforcing for myself that there is another option when I get an urge (namely, not doing it). Each time I successfully say "no," I am reinforcing for myself that looking at pornography and masturbating is forbidden and doesn't have to be normal behavior for me.

Yeah. I said "no" last night and I feel good about it!

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Re: Chapter 2 - ??? ????? ????? ???  
Posted by Hashem Help Me - 13 Sep 2022 13:59

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Hero!!

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Re: Chapter 2 - ??? ????? ????? ???  
Posted by ??? ????? ????? ??? - 15 Sep 2022 17:11

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Had a "fall." It is not back to day one for me. All of those triumphs in the last two weeks over the urge to look at explicit material and pornography are mine forever. The measly minutes of time that I spent falling--while unfortunate--are a blip compared to the triumphs of the last two weeks.

Still, day one on the streak counter.

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Re: Chapter 2 - ??? ????? ????? ???  
Posted by Hopeful2022 - 16 Sep 2022 09:19

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It took me a while to feel that way, but you are 100% correct. Every day that you "win" is your win forever. All life is, is a collection of days. They all add up to your life. Great job!

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Re: Chapter 2 - ??? ????? ????? ???  
Posted by ??? ????? ????? ??? - 20 Sep 2022 13:35

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I had a fall last night. More importantly though, I resisted and triumphed over the weekend and yesterday.

**What went wrong?**

- Unstructured alone time. I did not heed the advice of my previous post about organization and breaking down my responsibilities into achievable tasks. When I came home from my chavrusa last night at 10:00, I had nothing and everything to do. I needed some direction. Something like, "okay, I can't do this, this and, this tonight, but I can do this tonight." Or, "I already did this and that earlier tonight. Time to call it a day." I feel accomplished when I am productive, even at such a late hour. That sense of purpose helps me in this struggle.

- No communication with my GYE contact. I should've sent a text.

- Had my work computer and work phone right out on my desk. Over the weekend, I put my work computer and work phone into my work bag and put it all away in a closet. Believe it or not, that actually helped. I couldn't believe it myself! It was an extra step. It was almost like, for those learners here, the concept of sprinkling ash on the fire before Shabbos to permit leaving

). The concept known as ????? and the source of the *blech* concept. Putting the ash on the fire on Friday and then seeing it later on Shabbos when you come back is a reminder that you cannot mess around with the fire. No stoking the coals. The simple act of putting my work devices away in my work bag and then putting the bag into the closet was a reminder to myself that I don't want to fall. And on Saturday night and Sunday when I had an urge or a thought, I actually was able to use the fact that the bag was in the closet as a deterrent. I was surprised that it actually worked. I wouldn't rely on it, but it is another tool in the toolbox. I finished work at home yesterday late afternoon and didn't put my devices away. They were right there on my desk.

As I write the above, I realize that the main "what went wrong" is that I didn't take the struggle seriously yesterday and yesterday evening. In the last 2.5 years, I have been able to downsize the struggle. It doesn't define me. It isn't me. That is priceless work that has helped me in many ways besides just getting long streaks. Still, I need to make sure that not making as big a deal out of it doesn't make me apathetic towards it. This morning, I am affirming that 1) Looking at pornographic materials and masturbating do not align with my values and 2) I struggle with those two things. I don't want to look at pornography and I don't want to masturbate ever again.

**Plan:**

- Plan my nights.
- Text my GYE contact. I set a reminder alarm to go off at 8:30PM.
- Put my work devices away in my work bag after work.
- Continue to be active on this forum.

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Re: Chapter 2 - ??? ????? ???  
Posted by DavidT - 20 Sep 2022 15:57

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You continue to inspire us

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

Posted by ??? ????? ????? ??? - 20 Sep 2022 22:42

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[??? ????? ????? ??? wrote on 20 Sep 2022 13:35:](#)

- Had my work computer and work phone right out on my desk.

Work devices stowed away!

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

Posted by ??? ????? ????? ??? - 21 Sep 2022 18:21

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Day #1.

All good last night!

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