

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 ??? ????? ????? ??? - 15 Jun 2023 17:19

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Day #24.

I just had my GenTech filter reinstalled on my computer. I handed in my unfiltered work phone and work laptop on Friday as that was my last day with that employer. The laptop that I got from my new employer has security filtering and monitoring software installed. I am in a very good place when it comes to devices. Having a filter is not a be-all end-all solution, but it certainly helps a lot. It is another barrier. Part of my keeping my guard up plan.

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

Posted by ??? ????? ????? ??? - 18 Jun 2023 02:44

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Day #27. Still at it.

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

Posted by ??? ????? ????? ??? - 03 Jul 2023 14:02

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Day #7. I had a few masturbation-only falls. Still haven't looked at pornography since the beginning of my last streak, so over 40 days without looking at that stuff.

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

Posted by ??? ????? ????? ??? - 07 Jul 2023 14:39

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Recently, a GYE chaver asked me, "What does a fall consist of for you?"

I don't know what the official rules are, but after some thought, here is what a fall consists of for me. Any or all of the following:

- Searching for illicit material (text, images, videos)--pornographic or non-pornographic--and certainly reading/viewing that material
- Masturbating -- even starting and stopping before it's too late

Again, this is what a fall is for me, but it is helpful for me to make an actual definition. There have been many times throughout this journey when I have justified something as not a fall because I didn't necessarily include that in my undefined concept of a fall. I hope this helps in my struggle, but I also want my clean streak to be pure.

Thanks for reading this and have a good Shabbos.

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

Posted by richtig - 07 Jul 2023 17:01

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[??? ????? ????? ??? wrote on 07 Jul 2023 14:39:](#)

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Thanks for reading this and have a good Shabbos.

It is good to have a definition, you know exactly what to stay away from. Nothing questionable for the other side to start pushing. At least in theory

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

Posted by doingtshuva - 09 Jul 2023 00:56

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I was also machmir, and consider intentionally touching for arousal purpose a fall.

I needed that extra geder.

But the Gye rules are [guardyoureyes.com/tools/90-day-chart/rules](https://guardyoureyes.com/tools/90-day-chart/rules)

**What constitutes a "Fall" to require restarting the count?**

There are "slips" and there are "falls". "Slips" **do not** require restarting the count. "Falls" **do** require restarting.

A "Fall" is one of the following things:

1. **Intentional masturbation (with finish)**
2. **Intentionally viewing improper sites**
3. **Intentionally calling inappropriate telephone numbers**
4. **Intentionally seeking out and reading erotica**

In regard to number 2 (and 4), if someone saw something by mistake and then got a little bit carried away and kept looking at it, or even if someone saw a link and couldn't resist clicking on it but then catches themselves within a few seconds, that would only be considered a "slip", not a "fall". However, if someone decides to actively pursue viewing, that would be considered a fall.

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

Posted by ??? ????? ??? - 10 Jul 2023 00:57

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Day #3. That definition from my previous post has helped me and surprisingly, or maybe not surprisingly, it has helped me be more careful with general shemiras einayim.

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