

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 yud909 - 05 Feb 2023 13:05

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Following your journey

keep us updated

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

Posted by ??? ????? ????? ??? - 08 Feb 2023 01:27

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Day #13.

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

Posted by ??? ????? ????? ??? - 09 Feb 2023 00:54

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Day #14.

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

Posted by ??? ????? ????? ??? - 10 Feb 2023 01:34

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Day #15.

Last night, I had an urge. This is the text message I wrote to HHM:

10:46PM

Update: Still all good.

Having thoughts about a fall. I've already shut my devices off for the night and I'm going to bed. Will update you in the morning with a successful report.

Then...

7:07AM

All good.

I do want to post more about what happened 15 days ago, but basically, I had relied on the filter on my personal computer as a license to do whatever I wanted online. That goes both for what content to view and how much time I was spending on it. That attitude, time spent, and what I was viewing contributed to me letting my guard down and either finding an unfiltered device or finding something close to pornography that wasn't filtered.

When I realized that I needed to remove the filter for my night school, I had to muster up the sense of responsibility to control my Internet usage. I'm not saying that I have been perfect these last 15 days and have only used the Internet for something that was absolutely necessary, but I do have a new sense of caution with my computer. That alone is not enough and that is why I continue to post here and text HHM.

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

Posted by doingtshuva - 10 Feb 2023 02:28

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How about finding a filter that fits your needs?

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

Posted by ??? ????? ????? ??? - 14 Feb 2023 03:24

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Day #19. This is the longest I have gone for a while. Staying the course...

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

Posted by jackthejew - 14 Feb 2023 09:50

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[??? ????? ????? ??? wrote on 10 Feb 2023 01:34:](#)

Day #15.

I do want to post more about what happened 15 days ago, but basically, I had relied on the filter on my personal computer as a license to do whatever I wanted online. That goes both for what content to view and how much time I was spending on it. That attitude, time spent, and what I was viewing contributed to me letting my guard down and either finding an unfiltered device or finding something close to pornography that wasn't filtered.

Quote from @Dov: The strongest filter is the one I never test

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

Posted by ??? ????? ????? ??? - 15 Feb 2023 00:56

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[jackthejew wrote on 14 Feb 2023 09:50:](#)

Quote from @Dov: The strongest filter is the one I never test

Love it.

Day #20.

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

Posted by ??? ????? ????? ??? - 17 Feb 2023 00:21

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Day #22.

I want to share something about my experience. I may have shared this already in this thread. For me, after the first 10-14 days, the nagging urge to masturbate and look at pornography goes away. This is the case now. I have no interest in it and have not had an urge to do so for over a week. At this point, my struggle is staying accountable and connected and not letting my guard down. A different struggle and in some ways harder because it doesn't feel like a struggle. At this point, I am already feeling like I am past the struggle of masturbation and pornography (ridiculous because I've been dealing with this for 20 years). My goal (and my hope) is that I will continue to post here and stay accountable in other ways, so that I will continue to be aware that all it takes is one slip up and I am back to dealing with actual masturbation and pornography viewing.

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

Posted by excellence - 18 Feb 2023 22:46

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[??? ????? ????? ??? wrote on 17 Feb 2023 00:21:](#)

Day #22.

I want to share something about my experience. I may have shared this already in this thread. For me, after the first 10-14 days, the nagging urge to masturbate and look at pornography goes away. This is the case now. I have no interest in it and have not had an urge to do so for over a week. At this point, my struggle is staying accountable and connected and not letting my guard down. A different struggle and in some ways harder because it doesn't feel like a struggle. At this point, I am already feeling like I am past the struggle of masturbation and pornography (ridiculous because I've been dealing with this for 20 years). My goal (and my hope) is that I will continue to post here and stay accountable in other ways, so that I will continue to be aware that all it takes is one slip up and I am back to dealing with actual masturbation and pornography viewing.

Oh, how I relate to this post.....

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

Posted by ??? ????? ????? ??? - 19 Feb 2023 03:14

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Day #24.

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

Posted by ??? ????? ????? ??? - 20 Feb 2023 01:59

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Day #25.

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

Posted by ??? ????? ????? ??? - 21 Feb 2023 02:20

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Day #26.

Staying connected to GYE.

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

Posted by Geshmak! - 21 Feb 2023 03:16

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[??? ????? ????? ??? wrote on 21 Feb 2023 02:20:](#)

Day #26.

Staying connected to GYE.

I'm staying connected to you buddy! Keep it up!

Btw I'm sure you know the gimatryah of 26... ??!

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