

My journey

Posted by iffalldowngetup - 26 Mar 2023 12:35

Hi everyone,

Thank you hashem I made it to 77 days, just wanted to say what helped me out. I committed for 10 minutes ever single night no matter what time it is im going to be on GYE website. Its the consistency that kept me going. I also made a deal with myself that if I act out I'm going to have to give 250 to tzedakah unless I first go on Gye website for 15 min, and this was a game changer for me.

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Re: My journey

Posted by taherlibeinu - 23 Oct 2023 09:22

Can only echo what others have written.. keep going and focus on today. I did a similar thing on shabbos as i was thinking to myself, this time next week will i still be clean? but that is the wrong sentiment.. just take each day as it comes.

Wishing you much hatzlacha

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Re: My journey

Posted by iffalldowngetup - 23 Oct 2023 11:42

Your 100 % right. Thanks for the reminder, I do tend to get caught up in the whole streak thing.

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Re: My journey

Posted by iffalldowngetup - 05 Aug 2024 03:58

Hi everyone,

Long time no posting, I say this everytime, lol. I'm getting ready for battle, so I decided I'm going to post here for accountability. I'm going on vacation and with Hashems help I'll be able to pass the many tests that I'll face.

One step I decided to take is that bl'n I'm not going to turn on the TV once while in the hotel room if by myself.

Today I had major success story, I had a laptop that was not filtered and I started heading in the wrong direction and with Hashems help I just slammed it shut and attempted to put on a filter, but it was after hours so I wasn't able to. I was fighting back and forth untill I said no, and I decided that if I open laptop before it gets filtered I'm going to give a huge sum of money to tzedaka, BH we still haven't opened laptop.

Wishing everyone all the best

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Re: My journey
Posted by iffalldowngetup - 11 Aug 2024 06:48

Hi everyone,

Unfortunately I just had a fall, but I'm not going to give up. I decided I'm going to do the 90 day challenge again, today is day 1. With Hashems help we're going to fight one day at a time.

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Re: My journey
Posted by iffalldowngetup - 11 Aug 2024 06:48

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Re: My journey
Posted by upanddown - 11 Aug 2024 08:21

I just read through your thread and I love you're attitude...

??? ????? ????? ??? -

you're an inspiration to us all!

Just a quick thought, something I noticed about myself regarding unfiltered devices:

Over the past 3 months I had numerous times an unfiltered device, at least for 10 of the 90 days... and I BH managed not to watch any Shmutz. Sometimes I specially left it unfiltered for a few days to be ????? what the "???" writes that real ????? is when you have the opportunity again to fall the same way as when you sinned but withstand the Nisayon... However, I regret it, as I believe that it still had a negative effect on me and made my Nisayon harder even once the device got filtered.

Just like ?????, even though he won the fight with the ?? of ?????, still he came out of the fight with a limp...

You never know, maybe the unfiltered device you had the other day led to yesterday's fall... (even though you overcame the temptation of unfiltered Internet..)

A reliable, good filter is key to success.

Wishing you tremendous Hatzlacha!!

Looking forward to hearing updates...

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Re: My journey
Posted by iffalldowngetup - 11 Aug 2024 14:11

Thabk you, I appreciate your support.

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Re: My journey
Posted by Muttel - 11 Aug 2024 15:00

I just noticed this thread, amazing stuff!

I just want to share that I joined about 95 days ago and through a **daily accountability program with Hashem Help Me** (michelgelner@gmail.com) I've stayed clean since I joined GYE. Would you consider reaching out to him? It can be a life changer.....

Also, staying in touch with the GYE community is super helpful too. We want to hear from you regularly, not just after a fall!!!!

Stay in touch!

With brotherly love form the trenches,

Muttel

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Re: My journey
Posted by iffalldowngetup - 12 Aug 2024 03:00

Thank you for your thoughts, I actually reached out to him a while back, but lost in touch. Your

right, I should really start posting everyday that's what I keep telling myself.

Day 1. I had my filter block whichever website I've previously fallen from. I'm trying to not be down about my fall. I'm telling myself that I only lost 1 out of hundreds of fights. I'm still winning the battle.

I'm working on trying to have the right perspective, I read the battle of the generation every night, It's a must read. it's what keeps me going.

With Hashems we'll keep fighting one test at a time. Wishing everyone much success in fighting the battle of the generation.

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