

First time keeping track seriously

Posted by Yitz18 - 09 Jun 2023 08:32

Hi! I just joined Gye seriously the other day, feel free to check out my post on the introduce yourself part of the forum.

I think I will try tracking my progress here and see how it helps me.

Today is a Friday and I am in yeshiva for Shabbos, and usually fridays I am ok bc I know kedushas Shabbos is coming. Will update my process here gradually.

=====

=====

Re: First time keeping track seriously

Posted by true_self - 15 Jun 2023 12:00

[Yitz18 wrote on 14 Jun 2023 22:15:](#)

Just reached a week clean! Zman in my yeshiva ends soon and I fly home on Sunday- I am at home for 10ish days until I go to a summer kollel. Hopefully I can be strong during that short bein hazmanim.

Hopefully I WILL be strong during that short bein hazmanim.

=====

=====

Re: First time keeping track seriously

Posted by Yitz18 - 16 Jun 2023 08:22

Yesterday managed to stay clean, but barely. Stayed up all night so I could watch my brothers graduation, and then slept in the morning. Right after I wake up is often a hard time. I ended up looking at untznus women through gifs on WhatsApp. Anyone know how to turn that off? It's not as bad as pornography but still not good. I did that while masturbating for about 20 min and eventually stopped and decided it's just not worth it to be motzi zera levatala. Need to get better at those times I wake up from naps. Still counting that as a clean day though since I stopped, so streak is currently 8 days.

=====

=====

Re: First time keeping track seriously
Posted by richtig - 16 Jun 2023 15:09

[Yitz18 wrote on 16 Jun 2023 08:22:](#)

Yesterday managed to stay clean, but barely. Stayed up all night so I could watch my brothers graduation, and then slept in the morning. Right after I wake up is often a hard time. I ended up looking at untznus women through gifs on WhatsApp. Anyone know how to turn that off? It's not as bad as pornography but still not good. I did that while masturbating for about 20 min and eventually stopped and decided it's just not worth it to be motzi zera levatala. Need to get better at those times I wake up from naps. Still counting that as a clean day though since I stopped, so streak is currently 8 days.

Good for you!

=====

Re: First time keeping track seriously
Posted by Yitz18 - 17 Jun 2023 23:51

Was clean over Friday and Shabbos. Right now it's motzash and i had to get filter turned off for a thing with flights. I started looking at girls I knew online and eventually was watching pornography, in and out every few minutes. I was misgaber in the end and was not motzi zera. I just turned it off in the middle BH. Still have to avoid this obviously!!!

=====

Re: First time keeping track seriously
Posted by Broken soul - 18 Jun 2023 02:02

I also struggled with the WhatsApp gifs and eventually decided to uninstall it. It's a bit inconvenient for me but its for a greater good and I'm sure Hashem will help me do what I need to do without WhatsApp.

=====

Re: First time keeping track seriously
Posted by Yitz18 - 18 Jun 2023 04:15

Rabbosai, It's Sunday morning and I just fell, was motzi zera. How do I disable WhatsApp gifs?

=====

=====

Re: First time keeping track seriously
Posted by richtig - 18 Jun 2023 05:09

[Yitz18 wrote on 17 Jun 2023 23:51:](#)

Was clean over Friday and Shabbos. Right now it's motzash and i had to get filter turned off for a thing with flights. I started looking at girls I knew online and eventually was watching pornography, in and out every few minutes. I was misgaber in the end and was not motzi zera. I just turned it off in the middle BH. Still have to avoid this obviously!!!

????? ?? ???? ????!

I've been there, know how hard it is

=====

=====

Re: First time keeping track seriously
Posted by frank.lee - 18 Jun 2023 06:47

Idk, but can you consider getting webchaver for your phone, so someone sees your screen activity?

=====

=====

Re: First time keeping track seriously
Posted by Boris868 - 18 Jun 2023 08:55

I have GenTech and the gifs don't load in my WhatsApp.

=====

=====

Re: First time keeping track seriously
Posted by Yosef90 - 18 Jun 2023 21:41

[Yitz18 wrote on 18 Jun 2023 04:15:](#)

Rabbosai, It's Sunday morning and I just fell, was motzi zera. How do I disable WhatsApp gifs?

9 Days is huge, don't put yourself down for falling. Keep inspiring us.

Gentech filter doesn't allow whatsapp GIF's on my phone.

=====

=====

Re: First time keeping track seriously
Posted by themakabi5783 - 17 Aug 2023 05:57

Keep it up!!

=====

=====