

No Despair Allowed

Posted by ??? ????? ????? ??? - 23 Jan 2024 03:30

Straight and to the point:

- I joined GYE four years ago. Through GYE and a few other factors, I was able to avoid my wife's unfiltered computer and phone and I successfully had over 230 days free of masturbation and pornography. A year and a half later, I found myself with an unfiltered work computer and work phone. While I was able to resist temptation for several more months, I ended up falling. Over the last two years, regrettably, I have not able to go longer than a few weeks, maybe a month, without masturbation and sometimes even pornography.
- Although I have not been active on this forum, I have been in touch with @Hashem Help Me through text and the occasional phone call. While that has been very helpful, I tend to be ????? ???, get complacent, and be out of touch.
- I want to recommit myself to these ?????? matters. I can't do it alone. I need help.

In the past, my posting and activity on this forum has helped me and I hope that, in turn, my story and my commitment to changing my behavior can help and inspire others.

Thank you for reading this post.

Day #1

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Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 23 May 2024 13:58

Good morning, everyone. Daily post!

Day #3

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Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 24 May 2024 13:10

Day #4

Have a great Shabbos!

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Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 28 May 2024 18:16

Hello, all. Stressful weekend. Thankfully, eyes are still clean.

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Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 29 May 2024 12:55

Good morning, all. In the last week, I have made two new connections with GYE folks offline. That is good.

Nine days of clean eyes!

Day #1

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Re: No Despair Allowed

Day eight of clean eyes.
Posted by ??? ????? ????? ??? - 30 May 2024 13:50

Day #0

Good morning, ?????.

Feeling grateful for GYE this morning. For many years including all bein hazmanim and the entirety of my kollel tenure, I felt so alone and ashamed. I've had more successful periods since joining GYE than I am having now, but I don't have those feelings of despair and loneliness with the struggle.

10 days of clean eyes!

Day #2

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Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 31 May 2024 13:04

11 days of clean eyes!

Day #3

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Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 03 Jun 2024 12:59

Offline communications with GYE chaverim has been very helpful.

14 days of clean eyes.

Day #6

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Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 04 Jun 2024 13:10

Good morning, ????? ???????.

I want to share what I think has been an important principle in my journey. It is helpful to focus on what positive actions can be done to contribute towards a clean day as opposed to simply focusing on refraining from behaviors and triggers.

This is what I have already done or plan on doing today:

- Daven to Hashem for help.
- Reach out to GYE connections through this forum and offline, both proactively and if I have an urge
- Use my personal computer for non-work related tasks.

15 days of clean eyes.

Day #7

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Re: No Despair Allowed

Posted by oivedelokim - 04 Jun 2024 16:15

Hey there ???, it's been awhile...

I love your new thread (haven't gone through all of it yet). I also really like the fact that you keep two different counts, it's something that I think would really help me as well, being that porn is usually easier to avoid then masturbation.

Thank you for the inspiration, wishing you much success and looking forward to seeing it materialize!

Best wishes,

OivedElokim

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Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 04 Jun 2024 16:16

[oivedelokim wrote on 04 Jun 2024 16:15:](#)

Hey there ???, it's been awhile...

I love your new thread (haven't gone through all of it yet). I also really like the fact that you keep two different counts, it's something that I think would really help me as well, being that porn is usually easier to avoid then masturbation.

Thank you for the inspiration, wishing you much success and looking forward to seeing it materialize!

Best wishes,

OivedElokim

@HHM gets the assist for that. Good to see you back on the forum.

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Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 05 Jun 2024 13:01

Good morning, all.

16 days of clean eyes

Day #8

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Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 06 Jun 2024 12:50

Good morning, all.

I had an 'M' fall last night. It was very late. I didn't have a phone or computer with me and didn't have the motivation to go get them and reach out as I was trying to go to sleep. Not sure what to put in place to avoid this in the future. Thankfully, eyes are clean.

17 days of clean eyes.

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Re: No Despair Allowed

Posted by gye365s - 06 Jun 2024 13:07

[??? ????? ????? ??? wrote on 06 Jun 2024 12:50:](#)

Good morning, all.

I had an 'M' fall last night. It was very late. I didn't have a phone or computer with me and didn't have the motivation to go get them and reach out as I was trying to go to sleep. Not sure what to put in place to avoid this in the future. Thankfully, eyes are clean.

17 days of clean eyes.

Good morning ?????. That is great that you have 17days of clean eyes. Keep it up!

When I worked on this, it helped me to have a 'no touching' rule (besides for X number of seconds for hygiene). I'd justify a little, which usually turned into the whole deal. Instead of wrestling with a beast, my focus is on not unlocking the cage - which for me was much easier to habituate. Maybe this mindset could help you too. Hatzlacha.

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Re: No Despair Allowed

Posted by ??? ???? ???? ??? - 06 Jun 2024 17:56

Update:

I have already set an alarm on my watch to go off every night except Friday at 10:45PM. I am mekabel, bli neder, that if I'm not already asleep, I will reach out to some GYE contacts who I communicate with offline. This will have several benefits. It will add some extra accountability. It will be a pause for me to think about what I am doing with my night and how I will successfully end it without 'P' and/or 'M'.

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