

No Despair Allowed

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

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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 ??? ???? ???? ??? - 21 Jun 2024 13:43

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Wishing you all a wonderful Shabbos!

No 'P' Streak: **32 days**

No 'M' Streak: **15 Days**

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Re: No Despair Allowed

Posted by kohelp613 - 23 Jun 2024 04:15

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[??? ???? ???? ??? wrote on 21 Jun 2024 13:43:](#)

Wishing you all a wonderful Shabbos!

No 'P' Streak: **32 days**

No 'M' Streak: **15 Days**

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Re: No Despair Allowed

Posted by ??? ???? ???? ??? - 24 Jun 2024 14:34

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Good morning, all. Have a great week.

No 'P' Streak: **35 days**

No 'M' Streak: **18 Days**

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Re: No Despair Allowed

Posted by ??? ???? ???? ??? - 25 Jun 2024 14:05

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Hello, all. I was thinking about the following yesterday. I don't have any desire or urge to look at pornography or touch myself. Just none. I don't even think about it. And that's the most uncomfortable part of it all. It only takes one moment for all of that to change.

Sticking to my plan and keeping my guard up.

No 'P' Streak: **36 days**

No 'M' Streak: **19 Days**

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Re: No Despair Allowed

Posted by kohelp613 - 26 Jun 2024 15:10

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[??? ???? ???? ??? wrote on 25 Jun 2024 14:05:](#)

Hello, all. I was thinking about the following yesterday. I don't have any desire or urge to look at pornography or touch myself. Just none. I don't even think about it. And that's the most uncomfortable part of it all. It only takes one moment for all of that to change.

Sticking to my plan and keeping my guard up.

No 'P' Streak: **36 days**

No 'M' Streak: **19 Days**

I learned this in my journey:

was having a significant urge last night - not like an emergency, but i "wanted" it i had no outlet then i went to bed, and of course next day the feeling is gone. THAT is where the filters are critical - when there is a really issue of willpower and self control, it was so helpful that that major safety wall was in place. i think there is a "3 ply cord" to this issue and i'm finally getting the hang of it: 1. filters *for that kind of situation*, but the filters alone are necessary but not sufficient in itself; 2. clarifying intimacy, pleasure in general, and lust specifically, what is holy and what is shaker; and 3. regular conversation with other men about this, plus reading

“battle of the generation.”these are the 3 pillars i think

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Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 26 Jun 2024 16:30

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Just thought to myself...is a daily post really necessary at this point? Yes. Yes it is.

No 'P' Streak: **37 days**

No 'M' Streak: **20 Days**

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Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 27 Jun 2024 16:50

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Three weeks of no 'M'. Awesome!

No 'P' Streak: **38 days**

No 'M' Streak: **21 Days**

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Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 28 Jun 2024 13:07

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Have a good Shabbos, y'all.

No 'P' Streak: **39 days**

No 'M' Streak: **22 Days**

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Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 01 Jul 2024 12:43

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Good morning, all. Posting here to keep myself accountable to a day (and a life) of no 'P' and no 'M'.

No 'P' Streak: **42 days**

No 'M' Streak: **25 Days**

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Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 02 Jul 2024 13:13

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Please Hashem, may You help me and all of us overcome the urge to view pornography and masturbate.

No 'P' Streak: **43 days**

No 'M' Streak: **26 Days**

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Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 03 Jul 2024 13:40

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Good morning, all.

I had/have an urge this morning to have a 'fall session'. Why? I felt very stressed this morning getting my children out of the house and to their summer camps. I thought about a 'fall' as a stress relief/escape. This is where connection is key. I have already texted someone about it and I am writing this post here. I am not going to fall today.

I was looking at my streak yesterday. Those are some good numbers. A month and a half without looking at pornography and almost a month without masturbating. But it's also not that long. Either way, the numbers don't tell the whole story. The whole story is that I have been a part of GYE for four and a half years. I have had some really long streaks. With Hashem's help, I will get back to those three digit numbers and beyond. But day counts aside, I am where I am today because of four and a half years of growth.

No 'P' Streak: **44 days**

No 'M' Streak: **27 Days**

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Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 04 Jul 2024 18:50

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Daily post.

No 'P' Streak: **45 days**

No 'M' Streak: **28 Days**

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Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 05 Jul 2024 14:45

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Had an 'M' fall last night. Not sure what I could've done different. I fell asleep on the couch, then went upstairs to my bed and had the fall. No deliberations. No remembering my commitments.

No back and forth.

Proud of almost a full month of no 'M' and proud that I am 'P' free for 46 days.

Have a great Shabbos.

No 'P' Streak: **46 days**

No 'M' Streak: **0 Days**

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Re: No Despair Allowed

Posted by BenHashemBH - 05 Jul 2024 15:06

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[??? ???? ???? ??? wrote on 05 Jul 2024 14:45:](#)

Had an 'M' fall last night. Not sure what I could've done different. I fell asleep on the couch, then went upstairs to my bed and had the fall. No deliberations. No remembering my commitments. No back and forth.

Proud of almost a full month of no 'M' and proud that I am 'P' free for 46 days.

Have a great Shabbos.

No 'P' Streak: **46 days**

No 'M' Streak: **0 Days**

Your mentality and optimism are golden inspiration. KOMT!

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