

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 ??? ????? ????? ??? - 20 Aug 2024 12:25

Lying in bed last night, I wanted to M. Then, I said to myself, "what else could I do?" Went downstairs, got my headphones, and listened to music and a podcast. It's easier to say 'no' to M and then 'yes' to something else than just 'no'.

Day #14

(And a reminder to myself, LONGEST STREAK: 233 Days, CUMULATIVE CLEAN DAYS: 1379

Days)

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Re: No Despair Allowed
Posted by jmyers99 - 20 Aug 2024 14:10

How's it going ?

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Re: No Despair Allowed
Posted by jmyers99 - 20 Aug 2024 14:10

How's it going ?

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Re: No Despair Allowed
Posted by ??? ????? ????? ??? - 25 Aug 2024 14:48

Thanks to Hashem for filters.

Day #19

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Re: No Despair Allowed
Posted by ??? ????? ????? ??? - 26 Aug 2024 13:10

I wish you all a good week.

Day #20

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Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 02 Sep 2024 13:57

Good morning, everyone.

I continue to struggle to stay clean from P and/or M. Sometimes I fall because I have a biological urge, sometimes I am triggered by something I see, sometimes I just fall because at this point it has become ????? ?? ????? (it is just part of what I do). I don't want that anymore. I haven't wanted that anymore for a long time (17 years). I have never made peace with the situation and I have never despaired. I hope you reading this won't despair either.

I want to try something that I think will motivate me. I want to have a "yes" count. How many times during the day did I say "yes" to living a life of ?????, ?????, ????? (exclusively to the P and M struggle). Any time that I stop myself from entering into a triggering environment and ?? ?? when I stop myself from P or M, that is a "yes" to living a faithful, holy, and clean life. I guess this is kind of the thrust of the Battle of the Generation book that many of us are familiar with.

I have written before about how the negative action -- avoiding a behavior -- is more challenging than a positive action. I hope that this change in perspective will help me.

The Counts

Clean Days: 1 day

Cumulative Clean Days (Since Jan 2020): **1390** days

"Yes" Count (Week of Shoftim): **5** yeses

Cumulative "Yes" Count (Started Sept 2024): **5** yeses

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Re: No Despair Allowed

Posted by BenHashemBH - 02 Sep 2024 14:04

[??? ???? ???? ??? wrote on 02 Sep 2024 13:57:](#)

Good morning, everyone.

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I have written before about how the negative action -- avoiding a behavior -- is more challenging than a positive action. I hope that this change in perspective will help me.

The Counts

Clean Days: **1** day

Cumulative Clean Days (Since Jan 2020): **1390** days

"Yes" Count (Week of Shoftim): **5** yeses

Cumulative "Yes" Count (Started Sept 2024): **5** yeses

Shalom Brother,

I love the idea.

Those 'yes' moments are very precious.

If it feels right, perhaps follow up your 'yes' with a brief tefilla for anything and see how that makes you feel?

Hatzlacha

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Re: No Despair Allowed

Posted by upanddown - 02 Sep 2024 14:36

[??? ???? ???? ??? wrote on 02 Sep 2024 13:57:](#)

Good morning, everyone.

I continue to struggle to stay clean from P and/or M. Sometimes I fall because I have a biological urge, sometimes I am triggered by something I see, sometimes I just fall because at this point it has become ????? ?? ????? (it is just part of what I do). I don't want that anymore. I haven't wanted that anymore for a long time (17 years). I have never made peace with the situation and I have never despaired. I hope you reading this won't despair either.

I want to try something that I think will motivate me. I want to have a "yes" count. How many times during the day did I say "yes" to living a life of ?????, ?????, ?????? (exclusively to the P and M struggle). Any time that I stop myself from entering into a triggering environment and ?? ??? when I stop myself from P or M, that is a "yes" to living a faithful, holy, and clean life. I guess this is kind of the thrust of the Battle of the Generation book that many of us are familiar with.

I have written before about how the negative action -- avoiding a behavior -- is more challenging than a positive action. I hope that this change in perspective will help me.

The Counts

Clean Days: **1** day

Cumulative Clean Days (Since Jan 2020): **1390** days

"Yes" Count (Week of Shoftim): **5** yeses

Cumulative "Yes" Count (Started Sept 2024): **5** yeses

Fantastic idea! Dealing with this struggle in a positive way.. kol hakavod!

A practical tip: a Talicounter might come to good use for this type of Count!

Keep it up.. youre amazing!

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Re: No Despair Allowed

Posted by ??? ???? ???? ??? - 03 Sep 2024 12:45

Good morning. I ended the day yesterday with six yeses. Six times where I stuck to my principles and chose morality and eternal life over a few fleeting moments of eye candy and sensory pleasure. The first five were not avoiding triggers and the sixth was actually saying 'no' to an urge to look at P. Already got a "yes" today when I stopped myself from using my work computer for a non-work purpose, which can eventually lead to triggers or worse.

The Counts

Clean Days: **2** day

Cumulative Clean Days (Since Jan 2020): **1391** days

"Yes" Count (Week of Shoftim): **12** yeses

Cumulative "Yes" Count (Started Sept 2024): **12** yeses

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Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 04 Sep 2024 12:38

Good morning. I had another "yes" yesterday and also had a fall last night. I plan to text a GYE connection or two at night for extra accountability.

The Counts

Clean Days: **0** days

Cumulative Clean Days (Since Jan 2020): **1391** days

"Yes" Count (Week of Shoftim): **13** yeses

Cumulative "Yes" Count (Started Sept 2024): **13** yeses

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Re: No Despair Allowed

Posted by levaryeh - 04 Sep 2024 12:51

Wow love how you stay motivated despite the fall, a real gibbor!

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Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 05 Sep 2024 13:37

The Counts

Clean Days: **1** day

Cumulative Clean Days (Since Jan 2020): **1392** days

"Yes" Count (Week of Shoftim): **17** yeses

Cumulative "Yes" Count (Started Sept 2024): **17** yeses

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Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 09 Sep 2024 13:52

Good morning. I struggled last week, but I also said "yes" to life 22 times. Far more times than I fell.

I'm looking forward to a productive and clean week. Please help me Hashem and please help us all.

The Counts

Clean Days: **2** days

Cumulative Clean Days (Since Jan 2020): **1395** days

"Yes" Count (Week of Ki Seitzei): **2**

Cumulative "Yes" Count (Started Sept 2024): **24**

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Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 16 Sep 2024 14:22

Good morning, all.

I struggled last week. Sometimes Shabbos can be a reset and sometimes it can feel like a reset until Motzei Shabbos comes and you're back where you were before. This week, Shabbos was a reset for me. I hope to use the inspiration from Shabbos and from Elul to have a clean week. Prayers for all of us.

The Counts

Clean Days: **2** days

Cumulative Clean Days (Since Jan 2020): **1400** days

"Yes" Count (Week of Ki Savo): **2**

Cumulative "Yes" Count (Started Sept 2024): **32**

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