

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 ??? ????? ????? ??? - 18 Sep 2024 13:08

Just picked up a big win. Proud of myself.

The Counts

Clean Days: **0**

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

"Yes" Count (Week of Ki Savo): **3**

Cumulative "Yes" Count (Started Sept 2024): **33**

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Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 19 Sep 2024 13:23

Here's to another day clean.

The Counts

Clean Days: **1**

Cumulative Clean Days (Since Jan 2020): **1401** days

"Yes" Count (Week of Ki Savo): **3**

Cumulative "Yes" Count (Started Sept 2024): **33**

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Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 20 Sep 2024 13:18

Wishing everyone a good Shabbos.

The Counts

Clean Days: **2**

Cumulative Clean Days (Since Jan 2020): **1402** days

"Yes" Count (Week of Ki Savo): **5**

Cumulative "Yes" Count (Started Sept 2024): **35**

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Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 23 Sep 2024 12:50

Good morning, all. Checking in. Trying to break free from the cycle of a couple of days and a fall, a couple of days and a fall. Five days is the longest I've gone for a couple of weeks, so hopefully that's the direction I'm headed.

The Counts

Clean Days: **5**

Cumulative Clean Days (Since Jan 2020): **1405** days

"Yes" Count (Week of Nitzovim-Vayelech): **1**

Cumulative "Yes" Count (Started Sept 2024): **37**

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Re: No Despair Allowed

Posted by jmyers99 - 23 Sep 2024 13:38

Amazing! keep going tzaddik, Hashem loves you

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Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 24 Sep 2024 12:29

I had a fall last night. Yesterday, I had two wins. Two times where I reached out and said 'I want to live a life of kedushah'. This morning, I wanted to fall again. I took out my wife's unfiltered device, turned it on, but then said, "no." Not going there. I don't want that to be my day.

The Counts

Clean Days: **0**

Cumulative Clean Days (Since Jan 2020): **1405** days

"Yes" Count (Week of Nitzovim-Vayelech): **4**

Cumulative "Yes" Count (Started Sept 2024): **40**

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Re: No Despair Allowed

Posted by odyossefchai - 24 Sep 2024 13:19

Wow impressive stuff!

Keep reaching out to the pros here. They will do you a lot of good!

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Re: No Despair Allowed

Posted by jmyers99 - 24 Sep 2024 14:33

If you don't mind me asking, have you considered filtering her device? I think the work has to be done internally, but having tech loopholes is a big issue. It's like an alcoholic having whiskey in the fridge. At least it's harder if he has to go all the way out of the house to the liquor store.

I have a filter on my computer, locked out of admin account and it cannot be reset. The filter detects explicit content and notifies my accountability partner, which works really well for me. My flip phone does not have a camera or video player at all, so I can't watch anything on it, even if I tried. This way, I have no way to consume, unless I totally factory reset my device, in which case my accountability partners would find out, I'd have to reinstall a ton of software, etc. or the other way is buying a new device from a store and then throwing it away, but both of which are very high friction.

BH I'm writing this 3 weeks in and doing well. The progress is also due to a lot of inner work I've

been doing, but still, if I had unfiltered devices around, I'd prob fall very quickly. Unfiltered devices are like being in yichud with a woman (or, unlimited beautiful women)

there's a reason why the halacha forbids this (we aren't likely able to handle ourselves)

You're normal, you just have to plan ahead. who is wise? He who sees the future (I believe this is brought down in pirkei avos)

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Re: No Despair Allowed

Posted by ??? ???? ???? ??? - 07 Oct 2024 15:06

@jmyers99, I appreciate the feedback.

The Counts

Clean Days: **5**

Cumulative Clean Days (Since Jan 2020): **1413** days

"Yes" Count (Week of Yom Kippur): **3**

Cumulative "Yes" Count (Started Sept 2024): **44**

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Re: No Despair Allowed

Posted by ??? ???? ???? ??? - 08 Oct 2024 13:03

The Counts

Clean Days: **6**

Cumulative Clean Days (Since Jan 2020): **1414** days

"Yes" Count (Week of Yom Kippur): **3**

Cumulative "Yes" Count (Started Sept 2024): **44**

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Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 09 Oct 2024 12:47

The Counts

Clean Days: **7**

Cumulative Clean Days (Since Jan 2020): **1415** days

"Yes" Count (Week of Yom Kippur): **6**

Cumulative "Yes" Count (Started Sept 2024): **47**

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Re: No Despair Allowed

Posted by BenHashemBH - 04 Dec 2024 15:26

Shalom Brother,

It's been a while since your last post. How are you doing?

Kol Tov

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Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 05 May 2025 17:40

Hello, GYE Chevra.

I would like to resume regular posts on this forum. I am struggling. I have had some successes in the last months since posting here, but I have also found myself in many a rut.

Shout out to @chosemyschem. We are regularly in touch by text and a rare phone call.

Short post today. Wishing everyone great b'rochah v'hatzlochoh.

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Re: No Despair Allowed

Posted by ??? ???? ???? ??? - 06 May 2025 13:11

Hello, all.

My primary struggle is browsing time-wasting websites. Not that I am immune to urges, but after a few days since my last fall, I typically don't think about looking at P and doing M. Usually what happens is that I find myself on time-wasting websites and then after my defenses are down, I see one thing that leads to another that leads to another...

With Hashem's help, today, I hope to limit my computer use to intentional use only.

Great day to all.

Day Count: 1 Day

Cumulative Count: 1633 Days

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