

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 ??? ????? ????? ??? - 06 May 2025 20:17

[youknowwho wrote on 06 May 2025 18:05:](#)

Welcome back!

Please forgive me for asking a silly question. And please forgive me for asking it punkt here, despite having seen the same concept elsewhere on the forum.

L'choirah, m'mah nafshach...oiff vee viet you are machshiv "cumulative count", than what is the chashivus of "day count"? And if there is "fort" a chiluk, than why mention it b'chlal? I would probably have over 7,000 cumulative days since I have engaged in this struggle, but l'mai nafka minah? It doesn't help me (stress on *me*, I acknowledge there may be another way of lookin' at this) because for the freaking majority of those thousands of days, I was a zombie addict with no real **end** in sight, whether I fell or not, or how often.

Now, regarding "day count", it's also pretty murky. Yes, it is nice to see higher streaks, but it can quickly lead to burnout if a guy is restarting every 3-7 days or whatever. On the other hand, "day count" can be a useful way of tracking *inner progress*, by showing us how we are implementing tools and inner change over longer periods of time.

End of Moldy Voldy's unsolicited and unhelpful ranting.

If cumulative count or any other type of count is somehow a motivator for you, please ignore

me, I'm just an anonymous schmuck off the internet.

, but here are my thoughts for my situation:

I struggle with P & M. No denying it. Still, that is only one part of my life and a small part I might add. When the struggle feels bigger and takes over my mental space, I struggle even more. I feel like there is no way out. The cumulative count is a way of helping me size down the struggle and, for me, it helps to boost my commitment/morale. It shows me that I have succeeded for that many days.
I am not as much of a *lamdan* as you

I wouldn't describe myself as a "zombie addict," but in those 1600 hundred days, I had struggles and I overcame them. Or I set up boundaries that prevented me from being triggered in the first place. The cumulative days attest to the fact that I can succeed. By the way, my goal is not to graduate or kill the *yetzer hara*. My goal is set up my life in such a way that I don't fall and I prevent myself from being triggered to fall. So, if some or many of those cumulative days were challenging, all the more significant that I was still able to overcome that day's struggle.

Regarding your day count comment re: burnout, I agree and that is why I took a break from being active on the forum. Still, I have updated my count throughout all these months. For me, it adds accountability. I am tracking my progress.

Unsolicited, yes. Unhelpful, I don't think so.

End of work day update: I successfully avoided time-wasting browsing today. No falls to report.

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Re: No Despair Allowed

Posted by ??? ???? ???? ??? - 07 May 2025 12:40

I had an M fall last night. Oh well. One disadvantage of the day count is that it is easy to have a series of consecutive falls when going back to zero because 'I have nothing to lose'. Not doing

that.

With Hashem's help, I am again taking on no time-wasting browsing today and I'll check in with a GYE chaver for accountability today and tonight.

Great day, all.

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Re: No Despair Allowed

Posted by ??? ???? ???? ??? - 08 May 2025 13:06

Good morning, all.

My plan today is to stay vigilant and avoid time-wasting browsing. I work from home and am home alone. I have found that listening to a podcast while working helps me to avoid looking for a non-work distraction.

Have a great day. Wishing everyone tons of ???? ??????.

Day Count: 1 Day

Cumulative Count: 1634 Days

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Re: No Despair Allowed

Posted by kavey - 08 May 2025 13:37

Hey!

I work from home and am home alone as well. It's a struggle. I also can't easily filter my work computer.

I'm trying to attach the JSON of my StayFocusd Chrome extension settings. Essentially it's a long list of blocked sites and some sites that I give some time to browse like GYE (I also completely block Edge with the Nuclear Option and use duckduckgo for Search)

Uploaded as txt since GYE apparently doesn't allow JSON...if you want to use just change the suffix to .json instead of .txt and import it into the Chrome extension

The nice thing about this extension, is that let's say you go to a news site and want to block the url. You just click on the extension and there's a button to block the url or the entire site and add it to a specific group. As you might be able to see...I have quite the long list.

That of course is half the battle. As workers we have a lot of tension (at least I do) and need an outlet. I was bli neder mekabel not to use technology at all for relaxation... i.e. for me that podcast site would likely lead to clicking click click click. For me it's books or magazines or sometimes a short walk (or food!).

Still use Whatsapp and shiurim apps but still...and also staying far away from the channels and to some extent statuses

Anyway just a thought...I think we need that moment of clarity to help prevent us from falling. It's not a sure thing but with nothing holding us back...it's like a roof without a guardrail...you can still jump over but at least hopefully you won't just walk over the edge

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Re: No Despair Allowed

Posted by ??? ???? ???? ??? - 08 May 2025 14:55

Great "*just a thought*," Kavey.

I have StayFocusd and Porn Blocker on Google Chrome and because of your post I reminded myself to add a safeguard to Edge. I just installed Porn BlockX to Edge. For those who are not familiar with these extensions, remember to go into the extension options and select that you want the extension to be enabled in inPrivate or Incognito mode.

No reason to not install an extension filter just because it isn't foolproof. It is still is a *geder*. It still causes pause. In my case, the extensions have made a huge difference.

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Re: No Despair Allowed

Posted by ??? ???? ???? ??? - 09 May 2025 12:28

Good morning, all.

I was ready to start my work day with some serious time-wasting Internet use. Coming on here to do an update post has made me re-think that. Yesterday's post really helped me to control my Internet use during work hours. One day at a time.

Wishing everyone a great Shabbos.

Day Count: 2 Days

Cumulative Count: 1635 Days

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Re: No Despair Allowed

Posted by ??? ???? ???? ??? - 12 May 2025 12:43

Good morning, everyone.

I met someone from GYE in real life for the first time yesterday after being part of this community for over five years. Shout out to @chosemysheM.

My goal for today is to avoid time-wasting browsing. If I get to a point where I am not doing work, my goal is to get up from my seat and do something else. Come back later when I can focus.

Day Count: 5 Days

Cumulative Count: 1638 Days

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Re: No Despair Allowed

Posted by chosemysheM - 13 May 2025 02:55

[??? ???? ???? ??? wrote on 12 May 2025 12:43:](#)

Good morning, everyone.

I met someone from GYE in real life for the first time yesterday after being part of this community for over five years. Shout out to @chosemysheM.

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Day Count: 5 Days

Cumulative Count: 1638 Days

Was fantastic! The only chisaron was that it was too short!

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Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 13 May 2025 12:59

Good morning, all.

Day Count: 6 Days

Cumulative Count: 1639 Days

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Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 14 May 2025 13:17

Hello, everyone.

I have written about this in the past. For me, the first days after a fall actually feel like a struggle. After 7-10 days, the urges and internal back-and-forth of should I do it or should I not do it are minimal to non-existent. At this point, it is maintenance. Keeping my guard up. Making sure that I don't go to time-wasting browsing and assume a ?????? ??? mindset. Being intentional about how I spend my time. P & M are not top-of-mind and I can convince myself that nothing will happen if I let my guard down.

Prayers for my continued vigilance and for all of our success in this struggle.

Day Count: 7 Days

Cumulative Count: 1640 Days

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Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 15 May 2025 12:27

Good morning, ?????.

Just turned on a podcast rather than go down the rabbit hole of time-wasting browsing/viewing. I am 'armed' with accountability partners with whom I share texts, accountability through my posting in this thread, a message exchange with HHM, browser extension filters on every browser on my work computer, and a desire to make it through today's work day with no falls. Please Hashem help me and all of us overcome the struggle to view P and to M and with all of our struggles today.

Day Count: 8 Days

Cumulative Count: 1641 Days

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Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 16 May 2025 12:36

Good morning, all.

One day at a time.

Day Count: 9 Days

Cumulative Count: 1642 Days

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Re: No Despair Allowed

Posted by ??? ?????????? - 19 May 2025 12:47

Hello, everyone.

We all have different experiences with our P & M struggle and, of course, we all have a lot in common. Over the last year, it has become so clear to me that my struggle with P & M is a 'symptom' of my actual struggle with Internet use. Time-wasting browsing. One article/video after another after another after another. My growth has to be there. The ongoing maintenance for me to successfully be clean from P & M has to be work on my Internet struggle more than my P & M struggle.

I sit in front of my computer for work and that, of course, opens up the possibility of having a struggle with Internet use on a daily basis. I am reminding myself this morning that I need to stay focused. I need to work and be productive. I need to avoid the trap of the World Wide Web.

Day Count: 12 Days

Cumulative Count: 1645 Days

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Re: No Despair Allowed

Posted by kavey - 19 May 2025 14:36

Hear hear!

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