

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 ??? ????? ????? ??? - 23 Jun 2025 14:23

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Good morning, all.

Sadly, I gave into the struggle and had an M fall last night. Oh well. Clean eyes though.

Sticking to my gedarim regarding leisurely Internet use when no one is around. Not going to get into a rut again.

**Day Count:** 0 Days

**No 'P' Count:** 11 Days

**Cumulative Count:** 1670 Days

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Re: No Despair Allowed

Posted by lamaazavtuni - 23 Jun 2025 18:25

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Love the two counts !! It helps keep us in perspective that it's not all or nothing!

Your friend lamah!

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Re: No Despair Allowed

Posted by ??? ???? ???? ??? - 24 Jun 2025 13:00

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Hello, all.

Thankfully, I had a clean day yesterday with no post-fall downward spiral. Keeping my guard up.

**Day Count:** 1 Days

**No 'P' Count:** 12 Days

**Cumulative Count:** 1671 Days

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Re: No Despair Allowed

Posted by ??? ???? ???? ??? - 25 Jun 2025 11:53

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Good morning, all.

Unfortunately, I had an 'M' fall yesterday. Clean eyes. I am sticking to my gedarim about leisurely Internet use. Keeping my guard up.

**Day Count:** 1 Days

**No 'P' Count:** 13 Days

**Cumulative Count:** 1671 Days

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Re: No Despair Allowed

Posted by ??? ???? ???? ??? - 26 Jun 2025 18:03

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Hello, all.

Thankfully, yesterday was a clean day. I am working on increasing my resolve to refrain from P&M. It can't be an option.

[lamaazavtuni wrote on 23 Jun 2025 18:25:](#)

Love the two counts !! It helps keep us in perspective that it's not all or nothing!

Your friend lamah!

The day count alone is an insufficient assessment of one's progress. A day is an either-or. Either you are 'on track' or you 'had a fall'. That doesn't capture the smaller wins. The amount of times that one said 'no' or that one stuck to boundaries/*gedarim* to avoid being triggered in the first place. I have far more wins than I have falls. Today, I can report two weeks since looking at

**Day Count:** 2 Days

**No 'P' Count:** 14 Days

**Cumulative Count:** 1672 Days

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Re: No Despair Allowed  
Posted by ??? ???? ???? ??? - 27 Jun 2025 12:42

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Good morning and *a gutten chodesh*.

Expressing gratitude to Hashem for another clean day yesterday. My plan is to keep my guard up and stick to my gedarim.

**Day Count:** 3 Days

**No 'P' Count:** 15 Days

**Cumulative Count:** 1673 Days

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