

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

=====
=====

Re: No Despair Allowed

Posted by hashemisonmyside - 29 Jul 2025 16:28

just continue, even small baby steps as long as it's in the right direction!!

=====
=====

Re: No Despair Allowed

Posted by ??? ???? ???? ??? - Yesterday 14:35

Hello, all.

I am grateful to Hashem for another day clean of pornography and masturbation. Here's to another!

Day Count: 36 Days

No 'P' Count: 48 Days

Cumulative Count: 1706 Days

=====

====