

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 ??? ????? ????? ??? - 25 Mar 2024 13:36

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Daily post. Sticking to the plan.

Day #41

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Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 26 Mar 2024 12:47

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Daily post. I am not concerned, at this point, that a 'fall' is going to happen. I just need to make sure that I keep my guard up and stick to my plan, so that I don't go down the wrong the path that eventually leads to a 'fall'. Have a great day, everyone!

## Day #42

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Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 27 Mar 2024 12:28

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Checking in with another daily post.

## Day #43

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Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 28 Mar 2024 15:18

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Daily post. Yesterday, was a challenging day for various reasons. Viewing pornography and masturbating as an escape crossed my mind a few times. During those brief moments, I said to myself "what kind of person do I want to be?" That usually isn't enough to overcome, but yesterday it was and I think it is because in addition to talking myself out of it, I also:

- Davened to Hashem twice for help
- Posted a daily post on GYE
- Texted our mentor HHM
- Didn't use my work computer for anything unrelated to my job

Proud of myself that I am sticking to my plan. Talking myself out of using pornography and masturbation as an escape is easier when I have my guard up.

**Day #44**

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Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 29 Mar 2024 12:33

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Daily post. I'm halfway there to 90 days!

**Day #45**

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Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 01 Apr 2024 12:43

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Starting off the work week with a GYE check in.

**Day #48**

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Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 02 Apr 2024 13:04

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**Day #49**

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Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 03 Apr 2024 13:31

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**Day #50**

Yippee!

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Re: No Despair Allowed

Posted by notezy - 03 Apr 2024 15:07

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Now you're half way to 100

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Re: No Despair Allowed

Posted by proudyungerman - 03 Apr 2024 16:24

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[??? ??? ???? ??? wrote on 03 Apr 2024 13:31:](#)

**Day #50**

Yippee!

Amazing! Keep it up!

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Re: No Despair Allowed

Posted by proudyungerman - 05 Apr 2024 13:29

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Missed you yesterday. Is everything ok, buddy?

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Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 05 Apr 2024 15:02

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[proudyungerman wrote on 05 Apr 2024 13:29:](#)

Missed you yesterday. Is everything ok, buddy?

Very okay! Thanks for the outreach.

## Day #52

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Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 12 Apr 2024 13:09

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Yesterday was day 58 and I fell. It was a one and done, not a rapid-fire fall day. I am proud of myself for getting to day 58. I hadn't gotten that far for a long time.

## Biggest Success

My biggest achievement from these last two months was my hiatus from YouTube. I used to basically start my day on it. Let the suggestions carry me through an hour or more of watching. As I described in the past, that would eventually lead me to seeing something that would eventually lead me to seeing the dark corners of the Internet followed by a fall. Not only has that not happened over the last two months, but I have spent more time on work, home responsibilities. Proud to say, that I've learned more Torah in the last two months than I have since I was in Kollel. That hiatus is not going away anytime soon.

## What Happened?

What happened yesterday? The day before, there was some high stress and tension in my

home. I didn't get a lot of sleep. I took a break from work to try and get more rest. Had an urge. Tried to move on from the urge. Ended up not resisting and falling.

## Plan

I am going to stick to my same plan as last time. It seemed to work. The only difference is what happens when I do have an intense urge. What do I do in that case? Realistically, I think the most likely thing is for me to post on this thread that I am having an urge and that I will post again to share that I am overcame the urge. My plan is to remind myself of that part of the plan in my regular updates on this thread. Something like, "Sticking to my plan. Not letting my guard down. Just in case I have an urge, I plan to post about it here for accountability."

Here's to day 58 and beyond! Have a great Shabbos, everyone!

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Re: No Despair Allowed

Posted by chooseusername - 12 Apr 2024 15:10

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58 days is amazing!

Just a comment - I see that you let go on your daily posting leading up to the fall. If that's something that was helpful then keep it up!

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