

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 ??? ????? ????? ??? - 03 May 2024 14:34

Had a fall. Will hopefully post more after Shabbos about the fall and what I will do to prevent it after. Just want to get a post in here for accountability to not continue with falls.

Day: 0

Cumulative Clean Days: 1284

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Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 06 May 2024 14:05

Had another fall last night. No despair.

Here is my plan, bl"n:

[list]

[*]Daven to Hashem at least twice for help in overcoming the urge to view pornography and/or masturbate

[*]Post here 5-7 times a week

[*]Post here within 3-5 minutes of having an urge

[*]Restrict the usage of my work computer to work only.

[*][b]Put my work computer away at the end of the work day

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Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 06 May 2024 20:35

Finished work and my work machine is away in a closet. No urges or issues today. One day at a time.

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Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 07 May 2024 02:57

I am the last one awake in my house. I want to stay up to learn Torah. I have no urge or temptation right now, but still, I am posting here proactively. When I am done learning, it is right to bed. No falls. I will, bez"h, share tomorrow morning that I didn't have any issues tonight,.

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Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 07 May 2024 14:19

Posting here last night helped me stay accountable. Sticking to the plan.

Day #1

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Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 08 May 2024 12:38

Keeping my guard up. Reaching out for accountability. One day at a time.

Day #2

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Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 09 May 2024 12:59

Day #3

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Re: No Despair Allowed

Posted by notezy - 09 May 2024 15:26

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Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 12 May 2024 05:10

Had a fall on Friday. No pornography, just masturbation.

I am up late on Motzei Shabbos. I was thinking about a full on fall. The fact that I packed away my work computer at the end of the day yesterday helped. Even though I can just walk over there, take it out of the bag, and turn it on. It is those extra steps that force me to pause and think a bit first. Work computer is still away. I keep going back and forth. Should I have a fall now? No. Should I? No. Time for a post. Not going to fall. Going to sleep. Praying for no more pornography and no more masturbation.

Day #1

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Re: No Despair Allowed

Posted by chooseurname - 17 May 2024 13:39

@sheva how's it going bro?

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Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 21 May 2024 13:27

Good morning, all.

Had a fall yesterday. I had a long Sunday and was very tired. Wasn't being productive. Wasn't organized. Used my work computer for non-work clicking around to try to weather through the fuzziness of the morning and that was it.

No despair allowed. I took care of myself. I was productive a bit more at work. Learned Torah. Had a great rest of the day.

I will get there.

Day #1

Shabbos morning was cumulative clean days day 1300.

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Re: No Despair Allowed
Posted by notezy - 21 May 2024 15:28

No time for despair I like it.

keep it up man.

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Re: No Despair Allowed
Posted by ??? ???? ???? ??? - 22 May 2024 13:01

Hello, everybody.

Posting here to hold myself accountable and announce to all that I have no intention of falling today. I have an urge now and I am not going to give in. I'll post here again when the urge has passed.

Day #2

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Re: No Despair Allowed

Posted by ??? ????? ????? ??? - 22 May 2024 17:50

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All good.