

Daily post accountability

Posted by hundredbrachos - 29 Jul 2024 19:58

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Hi,

I am creating this post to document my daily struggle.

I find it very hard to stay clean in certain situations such as being stressed, off from work on Friday or Sunday, bored and not active. Days 7 and Day 14 is when I start to have anxiety which I call withdrawal symptoms- longest I have been clean for was about 114 days. I have locked all my devices, joined GYE this past week and will find a mentor.

I started thanking Hashem for being so generous and giving me the quality trait of never giving up- even though I fell hundreds of times. Started to read success and horror stories to get me motivated.

Day 1:

So far today is going well, had no urges yet- only half way to the day being over. Will update you guys soon.

Any tips you guys recommend to get to 90 days?

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Re: Daily post accountability

Posted by BenHashemBH - 21 Aug 2024 21:50

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[hundredbrachos wrote on 21 Aug 2024 20:48:](#)

3. I was not brought down to this world for this problem- I have mission to accomplish and this is in my way.

I'm not sure exactly what you mean here. You were probably not brought down to this world to indulge in P&M, but stopping is (now) part of your mission, not an obstacle in front of it. It plays an integral roll in your life. Don't discard it. Own it.

To get a little Kabalistic, shed light into this darkness. So you are saying its part of my mission on this world?

From what I understand - yes.

Your mission, should you choose to accept it, is to achieve shleimus. You are to strive to be the most complete and whole you as you can. If p&m are part of your struggles, then it is part of your mission to fight it. The harder the struggle, the more significant the growth towards shleimus. Every effort you put into being closer to Hashem elevates your neshama and has the power to elevate all potential in your life.

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Re: Daily post accountability  
Posted by jmyers99 - 22 Aug 2024 11:04

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How's the journey going brother? haven't seen an update for a while

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Re: Daily post accountability  
Posted by hundredbrachos - 22 Aug 2024 19:23

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[redfaced wrote on 21 Aug 2024 18:45:](#)

[hundredbrachos wrote on 21 Aug 2024 18:27:](#)

Day 22:

Tuesday

After posting Monday update regarding on how do I combat my body/mind telling me to give- I was told by a couple of gye users that I need to review my motivation on why I want to quit.

There are many reasons why I want to quit and I list some of the important on this post

1. This is not who I was in the past, this not who I am in the present, and this not who I want to be in the future- I do not want to have this problem. I know having this problem is a sickness that needs to be treated. The urges that I am experiencing are symptoms from the underlying disease which is diagnosed as Porn addiction”.
2. Every time I think of how it will affect my wife and kid that their father has this issue, it makes me shake and have emotional breakdown thinking of how they will look at me. I do not want my family to go through this.
3. I was not brought down to this world for this problem- I have mission to accomplish and this is in my way. I have pushed myself over the years to quit and I has some streaks and over the past year, I would fall about once a week.

Link to story that I read that will shake you.

[guardyoureyes.com/articles/stories/item/where-it-all-leads-2?category\\_id=13](https://guardyoureyes.com/articles/stories/item/where-it-all-leads-2?category_id=13)

Quite the earthquake, this story is. All it takes is one second to mess up your life forever .

Shem's story [A Taste Of Death](#) shook me up too .

Give it a read

Very true. May it never happen

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Re: Daily post accountability

Posted by hundredbrachos - 22 Aug 2024 19:24

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Day 23:

Wednesday

Baruch Hashem today went well. I am continuing to go through the flight to freedom program and reading the blogs which has helped me fight my yezter hara. I have to continuously remind

myself that I do not need porn to live. What has helped the most was removing all the cues and keeping myself distracted.

I started to notice that I having more siat deshmayaia- I feel Hashem is helping me more and I feel closer to Him. I could not have gone this far without Hashems help.

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Re: Daily post accountability

Posted by hundredbrachos - 26 Aug 2024 19:36

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Day 24:

Thursday

Today I was going through the lessons of flight to fight freedom and I was up to the lesson regarding urge surfing- part of the lesson was to think of an urge and let it pass. I started to think of an urge and it was horrible I felt like I was getting caught in a trap and I had no where to go. Right away I stopped thinking of the urge but I can still feel the grips on me- I called my mentor who told me that there is not one way to get over this addiction rather there are multiple paths to get to freedom. I felt upset with myself on how can I let myself to start thinking of an urge. Baruch Hashem the urge level decreased and I was able to continue with the day.

(Sorry I am posting this late. I was away with family)

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Re: Daily post accountability

Posted by hundredbrachos - 26 Aug 2024 19:41

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Day 25:

Friday

Baruch Hashem today went well, I did not have any new urges but I still have yesterday urge in my head and I am trying to distract myself by going tubing/jet skiing. I don't know why my

mind is making me think of this urge. I guess it does not want to let go of this addition, it likes the initial good feeling.

(Sorry I am posting this late. I was away with family)

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Re: Daily post accountability

Posted by hundredbrachos - 26 Aug 2024 19:45

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Day 26:

Shabbos

Baruch Hashem Shabbos went well. The urge that has been going on has subsided and will randomly come on. I am still pushing it away or distracting myself with other activities such as spending time with family. Hashem I need your help to remain strong, I cant do it with out you.

(Sorry I am posting this late. I was away with family)

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Re: Daily post accountability

Posted by hundredbrachos - 26 Aug 2024 19:57

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Day 27:

Sunday

What should I do? I woke up from a horrible dream of me acting out to a clip, it looked so real that I actually felt that I feel for second. I had to tell myself that It was not real and I had to calm myself. Then I went on my phone and I started to notice that I was looking on my whatsapp chats praying to fall on a bad picture. I immediately put away my phone and got up to daven shacris but the dream I had continued with me the entire day. I felt like my body wanted to give in but I was determined to stay strong.

(Sorry I am posting this late. I was away with family)

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Re: Daily post accountability

Posted by BenHashemBH - 26 Aug 2024 19:57

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I haven't done the flight to freedom and am frankly surprised they would suggest this. Perhaps it would be better to wait and if an urge happens to come, then practice letting it go? I suppose there is a difference when you prepare yourself vs when it comes on its own.

Hopefully others can share their experience with this.

Keep on keeping on brother - you are doing great!

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Re: Daily post accountability

Posted by Muttel - 26 Aug 2024 20:10

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Wow, wow, wow... thank you for posting this. Super powerful.

Thank you Hashem for guiding us to GYE!!!

This totally couldve been me.....

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Re: Daily post accountability

Posted by Muttel - 26 Aug 2024 20:11

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[hundredbrachos wrote on 21 Aug 2024 18:27:](#)

Day 22:

Tuesday

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This totally couldve been me.....

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Re: Daily post accountability

Posted by hundredbrachos - 26 Aug 2024 23:27

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Day 28:

Monday

Today I received an email stating that a new employee will be shadowing me to help run the business. As they say curiosity killed the cat, I googled her name and one thing led to the next I was on the person Instagram account and she was not dressed properly. I immediately closed it but now I am worried that this person will be shadowing me the entire day. How do I have proper thoughts? I hope this person does not show up tomorrow.

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Re: Daily post accountability

Posted by BenHashemBH - 27 Aug 2024 00:54

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[hundredbrachos wrote on 26 Aug 2024 23:27:](#)

Day 28:

Monday

Today I received an email stating that a new employee will be shadowing me to help run the business. As they say curiosity killed the cat, I googled her name and one thing led to the next I was on the person Instagram account and she was not dressed properly. I immediately closed it but now I am worried that this person will be shadowing me the entire day. How do I have proper thoughts? I hope this person does not show up tomorrow.

Brother 100,

First, great job in catching yourself and closing it.

Second, we live and we learn. Random Googling and especially social media are slippery places. If you use this time as a lesson for a better next time, then whatever happens tomorrow will have a toeles. Perhaps that thought, that you are using this situation for growth, will help you to get through it with a positive outcome.



I look forward to reading your update tomorrow. Hatzlacha Rabba!

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Re: Daily post accountability

Posted by adam2014 - 27 Aug 2024 09:42

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It sounds like HaShem is about to give you a test! I tell myself that whenever I know that I am going to be in a tough situation. I am not saying that it will be easy, but tell yourself that HaShem is putting this test in front of you, and he wants you to pass the test! Knowing that he is pulling for you, should make it easier.

Good Luck, and let us know how it works out!

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