

Let's do it!

Posted by yeshtikvah85 - 14 Aug 2024 06:27

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Entering Day 3 of this journey BH.

Can't wait to get to 90 and more.

Hope to post often of my journey.

Thanks all!

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Re: Let's do it!

Posted by yeshtikvah85 - 09 Sep 2024 17:31

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[chosemyschem wrote on 09 Sep 2024 14:29:](#)

I personally have zero comprehension of the line between a love scene in a movie and porn. The line between seeing this part of the body or that part, this specific act or that, is just too arbitrary. This is probably because for a very long time I would watch "love scenes in regular movies" just to stimulate myself. It became like a whole pattern. So for me, I consider intentionally watching a scene like that a fall.

I concur. To me that is considered a major fall too, both for halachic reasons and for the trouble it brings like masturbation. But I just always wasn't sure when GYE asks you if you have a challenge with that, if I do or not, as I wasn't clear what is the geder of intimacy, but I feel like in the frum world, watching porn equals watching untznius women/scenes.

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Re: Let's do it!

Posted by yeshtikvah85 - 19 Sep 2024 07:21

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Here we go....

I knew I wasn't meant to... I knew it was Elul... I knew it would mess up my progress... I knew all the issues it could bring... But while I did manage to push off a bit, I eventually gave in (presumably just one time, only to be followed by a few more). 48 hours of breaking a progress of 35 days or so... ?? ????? ??? ?????...

But its a bump, hiccup or whatever you want to call it ,and we'll get back up again. Sheva Yipol Vekam... (Not to justify or downplay the aveirah but to encourage myself to recommit to this journey)  
**BACK TO 0...**

My takeaways are as follows (in no particular order...):

1. Never ever allow the thought that maybe once I reach a certain milestone I can let myself take a break and get back to it. It's extremely foolish (yes, I knew all along it was a bad idea but I guess I toyed with that idea in my thoughts here and there for a bit until it became just a bit more normal).
2. Work with the amazing tools available on this website such as the F2F (and actually implement it) and not rely on myself too much... For me personally it was hard, as sometimes being on GYE reminded me of these things and I feel like it might have brought certain urges, but its gotta be the right thing to do. Can't fight the enemy if you don't know how it works and what tools to use to defeat it...
3. Identify what brings me to those urges (mostly social media...) and try to curb its usage as much as possible and only use when absolutely necessary for work.
4. The level of ruchniyus has to go up, for those desires to go down. Strengthen one to weaken the other (up for discussion: ?? ?????? ?????? ?????? ?????? or something like that. How does that go together with what I said? ?? ??????).
5. There might have been more points but im exahusted and gotta go to sleep.

**Tomorrow is a new day**



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Re: Let's do it!

Posted by upanddown - 19 Sep 2024 11:10

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[yeshtikvah85 wrote on 19 Sep 2024 07:21:](#)

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that. How does that go together with what I said? ?? ?????.

5. There might have been more points but im exahusted and gotta go to sleep.

Sorry to hear... Falls are the hardest...

But seeing the way you're getting back up, fighting with such passion, and the 5 takeaways which you're taking with you for life, I wouldn't call it a bump or hiccup but rather **a learning curve!** The way up to the top of a mountain includes some parts that go downhill...

And as Rabeinu Nachman said: If a Yid doesn't fall into ???? and ????? after falling, then the YH has gained (nearly) nothing!

Keep strong my brother, you're doing amazing!!

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Re: Let's do it!

Posted by odyossefchai - 19 Sep 2024 12:40

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35 days is really good.

Did you even think you could get to 35 days clean?

I haven't had a streak like that in 15 years.

I think you have to tell yourself that 35 days is more than an entire month of cleanliness.

It means you beat the yetzer hara 35 to 1.

Any boxer will consider that an amazing record.

Try again to hit another round of 35 days.

(I know the feeling. Sometimes deep inside, your brain tells you that this challenge is just something you cannot defeat. You feel that you can go a few days but that challenge will always be there. And for that, I cry for you, for everyone here and for myself. It's so painful sometimes)

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Re: Let's do it!

Posted by yeshtikvah85 - 19 Sep 2024 14:20

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[yitzchokm wrote on 19 Sep 2024 07:38:](#)

The way ?? ?????? ?????? ?????? ??????, and ??? ?????? ?????? ??? ??? ?????? ?????? ?????? aren't a contradiction might be that if a Talmid Chacham stops learning he is at a greater danger of falling than an Am Ha'aretz who doesn't learn. Also, a Talmid Chacham who sees something improper will have more bad thoughts than an Am Ha'aretz who sees something improper. Chazal also say that there was an Am Ha'aretz who transgressed Yichud and nothing happened and the Amora said that if it was him he would have fallen. We see from this that for a Talmid Chacham boundaries are more crucial than for an Am Ha'aretz. So, if an Am Ha'aretz has an unfiltered device and nothing happens don't apply it to a Talmid Chacham because the latter has a greater risk of falling.

Interesting explanation!

Thanks for sharing.

I'll have to look into it.

But, delving into what you said (highlighted in red):

Is the logic behind this idea that an am haaretz is already used to these things and its not a big chiddush or taavah for them as oposed to a Talmid Chacham, or did I miss the point?

This possible logic reminds me of what our chosson teacher (a really special Rov) told us, that he doesn't know how goyim still have the passion, feelings of love etc for their wife, being that

whenever they go out to theater or other hangouts she'll sit on his laps (I know, it doesn't always happen but the point and logic are still valid), and it just becomes ??? ?????

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Re: Let's do it!

Posted by yeshtikvah85 - 19 Sep 2024 14:29

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[levaryeh wrote on 19 Sep 2024 10:45:](#)

Wow 35 days is an impressive streak! Love how you get right back up. Hatzlacha!

Thank you brother. I definitely owe a lot of my success (and the approach to failures) to this website and more specifically the people on the forums like you who give advice, encourage and so on, so thank you!

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Re: Let's do it!

Posted by yeshtikvah85 - 19 Sep 2024 14:36

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[odyossefchai wrote on 19 Sep 2024 12:40:](#)

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Interesting question. I'm not sure. I don't think I ever really gave up hope, and knew that its probably possible and other people have done it, but I definitely did not believe that it would happen so soon that I quit for such a (relatively) long period of time, when this was a daily habit, multiple times a day, R"L.

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So I think the good part after this fall, is that I know that I managed to do 30+ days and it's doable

Thank you for your message, brother!

Responses in the text above

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Re: Let's do it!

Posted by yeshtikvah85 - 19 Sep 2024 14:38

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[upanddown wrote on 19 Sep 2024 11:10:](#)

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Keep strong my brother, you're doing amazing!!

Thank you for those insights and warm encouragement!

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Re: Let's do it!

Posted by yitzchokm - 19 Sep 2024 16:34

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[yeshtikvah85 wrote on 19 Sep 2024 14:20:](#)

[yitzchokm wrote on 19 Sep 2024 07:38:](#)

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When we are holy we can become more sensitized to improper images and hence they are a greater trigger. It comes from not feeding our desires as you wrote. A holy person will have a stronger desire not to see these images but when he does see them it can be harder. Even if it won't lead him to action the improper thoughts can be much more powerful. I saw this idea in the sefer V'haer Eineinu chapter 2, part 2. It is available in the GYE ebook library.

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Re: Let's do it!

Posted by odyossefchai - 19 Sep 2024 16:55

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[yeshtikvah85 wrote on 19 Sep 2024 14:36:](#)

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Thank you for your message, brother!

Responses in the text above

Dude, you are an inspiration.

You got this.

Keep stringing together the streaks.

Shmooze to the Giborim here. The true fighters and warriors.

People who have so much going on in their lives and they push so hard.

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Re: Let's do it!

Posted by yeshtikvah85 - 25 Sep 2024 01:54

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So....

Really embarrassed and feel dumb but I broke my clean days again... This time though it was only one action as opposed to last fall last week that lasted about 48 hours...

I was just gonna not post anything because I'm so embarrassed but I think the accountability, encouragement, advice, and constructive criticism are important...

I have to listen to what I wrote last time and actually implement to prevent a recurrence, and maybe get a partner/mentor

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Re: Let's do it!

Posted by BenHashemBH - 25 Sep 2024 02:17

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[yeshtikvah85 wrote on 25 Sep 2024 01:54:](#)

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Hey Brother,

No judgement. It's good that you were able to contain the fall. That shows progress in self control. Keep on working it! Hatzlacha

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