

GYE - Guard Your Eyes

Generated: 9 April, 2025, 01:41

Let's give it a shot

Posted by sytv2002 - 11 Mar 2025 17:01

Hey everyone. I'm going to try something new. I will commit to commenting on here every day for 90 days. I've already fallen today so starting tomorrow will be day 1. Do I think I can get to 90 days clean? Not really no. Not at all actually. But let's see what happens. But win or lose, I'll give a daily update. Would love all to join me.

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Re: Let's give it a shot

Posted by sytv2002 - 19 Mar 2025 16:05

Day 5 posting... Day 2 clean bh. Yesterday was a great day. No big urges and the small ones were dismissed quickly bh. Had a bit of an urge this morning to bring my phone into the bathroom, but bh I won that fight and decided I was better off letting it charge in my room. Not that I would have forsure fallen, but it would have been a much bigger fight. And why fight the big fight when I don't have to? Fought the small(er) fight and left my phone out of the bathroom, and bh no urges. We fight on...

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Re: Let's give it a shot

Posted by sytv2002 - 20 Mar 2025 16:54

Day 6 posting... day 3 clean.

mixed feelings though... I had an urge last night and couldn't really fight it. I was searching for p I just couldn't find anything... Hashem kept me clean. bh

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Re: Let's give it a shot

Posted by sytv2002 - 23 Mar 2025 02:54

Day 1 posting... day 0 clean... sigh. At least it was only after shabbos. And anfter my hours. And it wasn't such a bad fall. No p. I'm feeling ok. Just continuing to move on

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Re: Let's give it a shot
Posted by sytv2002 - 23 Mar 2025 17:13

Day 2 posting... day 1 clean... looking like a strong day iyh it will be.

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Re: Let's give it a shot
Posted by sytv2002 - 24 Mar 2025 15:46

Day 3 posting... Day 2 clean. Mixed feelings about last night. Didn't see any p. And had such a strong urge for m thought I Forsure was gonna fall. Took a shower thinking I'm gonna fall but the urge just subsided. Naturally I'm thinking obviously I'm gonna do it I have to. But I didn't. I just said no. And hey that's a huge win right? Do I get credit bc the urge subsided? Does this happen if I distract well enough? Is this how we fight? But hey I am proud. Big win

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Re: Let's give it a shot
Posted by sytv2002 - 26 Mar 2025 02:00

Day 4 posting.... Day 1 clean

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Re: Let's give it a shot
Posted by rebakiva - 26 Mar 2025 05:13

[sytv2002 wrote on 24 Mar 2025 15:46:](#)

Day 3 posting... Day 2 clean. Mixed feelings about last night. Didn't see any p. And had such a strong urge for m thought I Forsure was gonna fall. Took a shower thinking I'm gonna fall but the urge just subsided. Naturally I'm thinking obviously I'm gonna do it I have to. But I didn't. I

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Sometimes the best war strategy is to hide while the enemy is shooting, once they're out of bullets the allied forces can easily annex the land... so credit is well deserved!

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Re: Let's give it a shot
Posted by sytv2002 - 27 Mar 2025 03:09

Rebakiva I wish that was how it worked every time...

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Re: Let's give it a shot
Posted by sytv2002 - 27 Mar 2025 03:09

Day 5 posting... day 2 clean

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Re: Let's give it a shot
Posted by rebakiva - 27 Mar 2025 03:29

Urge's subside eventually "every time"... so you're entitled to take the credit you deserve!!!

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Re: Let's give it a shot
Posted by sytv2002 - 27 Mar 2025 15:43

Day 6 posting... day 3 clean... not feeling so strong. I don't know if I'll make it today...

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Re: Let's give it a shot
Posted by chosemyshem - 27 Mar 2025 15:52

[sytv2002 wrote on 27 Mar 2025 15:43:](#)

Day 6 posting... day 3 clean... not feeling so strong. I don't know if I'll make it today...

Totally normal to have that feeling.

Question is only this: What are you going to do now, while you feel weak but before the time you are really tempted to act out, to make yourself strong?

Some suggestions: Call a friend/mentor and share how you feel. Listen to a Vayimaen, read TBOTG, or whichever chizzuk makes you feel pumped. Talk to Hashem and surrender these negative feelings and ask for strength to get through this day. Get busy, plan a schedule that keeps you out and about in safe places. Read the new "Mindshift" book.

Above all KOOOOOOOOOOOOOOT!!

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Re: Let's give it a shot
Posted by sytv2002 - 28 Mar 2025 21:56

Day 7 posting... Day 1 clean. Just felt like a zombie yesterday and couldnt resist. Can't even say I enjoyed acting out. Just felt gross. Well, went to the Mikvah today so feeling just a little bit pure at least

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Re: Let's give it a shot

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Generated: 9 April, 2025, 01:41

Posted by sytv2002 - 30 Mar 2025 07:06

Day 8 posting... day 0 clean... at least I did my 50 hours in between. And was not really any p. A glance or 2. That is something I know but I didn't indulge. Onwards...

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