

hopeful but cautious

Posted by daverose - 27 Apr 2025 09:21

---

Hi ive been on here for a little bit reading others post and I never thought that its for me. I didnt think i need everyone clapping for me to be strong. But now Im trying for the first time for real to reach 90 days I feel that maybe I should share.

I started watching when I was about 12 on a parents unfiltered device and later on a friend introduced me to M and thats been my history since .Im 25 now and I could never control myself for more than a couple days to a week I seriously see how this affects my learning davening. And even more than that my outlook in life the way I see other people even my wife is completely warped. Im hopeful that im on the road to recovery im 10 days in and feeling pretty good. And Im just begging hashem that I shouldnt veer off the path chas vshalom. If anyone has any helpful advice pls share.

Thanks for reading!

=====

Re: hopeful but cautious

Posted by daverose2 - 07 Jul 2025 11:54

---

Hi

BH the last week was as smooth as ever prob from my strongest since ive started here.

TYH! Its a gift that came at the right moment!!

=====

Re: hopeful but cautious

Posted by daverose2 - 08 Jul 2025 19:38

---

Hi

I had an interesting observation today. My whole life I had a closed personality. I never felt the need to share my personal life with anyone family friends... I never shared if I was going through a hard tekufa if I was stressed or even just tired. I always thought it was my personality. And truthfully I didnt mind giving the impression that Im just a chilled relaxed happy guy.

It just hit me that over the past couple weeks even though im far from an open book. I started

sharing much more of my feelings with my wife and friends and even having conversations about topics that I usually ran from. Whats apparent is that it wasnt my personality that made me so closed. It was my struggle I had a fear of sharing of being vulnerable. I let my feelings shut down completely. Either because of the shmutz in my head or the guilt of what I was doing.

After only 2 and a half months of growth and recognizing and understanding what im struggling with and working on myself to change. I find it pretty amazing how much can change in such a short period of time.

Theres still a long way to go but theres nothing like the feeling of not just believing but SEEING that change is possible and within reach!!

Thank you!

=====

Re: hopeful but cautious

Posted by cleanmendy - 08 Jul 2025 20:13

---

[daverose2 wrote on 08 Jul 2025 19:38:](#)

Hi

I had an interesting observation today. My whole life I had a closed personality. I never felt the need to share my personal life with anyone family friends... I never shared if I was going through a hard tekufa if I was stressed or even just tired. I always thought it was my personality. And truthfully I didnt mind giving the impression that Im just a chilled relaxed happy guy.

It just hit me that over the past couple weeks even though im far from an open book. I started sharing much more of my feelings with my wife and friends and even having conversations about topics that I usually ran from. Whats apparent is that it wasnt my personality that made me so closed. It was my struggle I had a fear of sharing of being vulnerable. I let my feelings shut down completely. Either because of the shmutz in my head or the guilt of what I was doing.

After only 2 and a half months of growth and recognizing and understanding what im struggling with and working on myself to change. I find it pretty amazing how much can change in such a short period of time.

Theres still a long way to go but theres nothing like the feeling of not just believing but SEEING that change is possible and within reach!!

Thank you!

Can relate so much... Thanks for sharing

=====

=====

Re: hopeful but cautious

Posted by eerie - 09 Jul 2025 01:48

---

Dave, so true. I think the nekuda is that when we have no inner peace, we tend to shut out the world from our inner self, but when we learn to face our insides, with all their deficiencies, it does give us a chance to come to a place of acceptance of ourselves, which calms us and gives us the confidence to allow ourselves to share

Thanks again!

=====

=====

Re: hopeful but cautious

Posted by daverose2 - 16 Jul 2025 17:26

---

Hey!

I just realized that today is 90 days from when I first started GYE. Its not perfect but BH a lot of progress! Here is my stats.

15 days clean

1 day fall

56 days clean

1 day fall

17 days clean and counting be"h.

90 day total 88 Clean days 2 fall days!

Thank you Hashem! Thank you GYE!

=====

Re: hopeful but cautious

Posted by daverose2 - 17 Jul 2025 21:12

---

Bh since I fell 18 days ago after 8 clean weeks. The past 18 days were amazing in all areas no porn no masturbation no fantasizing no looking around on the streets. I havent had such success in shmiras enayim since I started here. Yesterday I had a little harder day in regard to shmiras enayim on the st nothing crazy but in regards to the past couple weeks it wasnt my A game. I found it fascinating how the YH made me feel like a piece of garbage for just a couple small looks, looks that just a couple weeks ago I wouldnt even consider a lack of shemiras enayim. Its interesting how any success I have the YH uses it against me, that when im a little off he jumps in for the attack. Bh I didnt make much of it and ignored it.

Also another thing, the past couple nights I had dreams off lusting and masturbating which I dont recall ever having in my life. It felt so real and even in my dream I felt terrible, and was trying to figure out what im going to tell my mentors. I even woke up with that nasty feeling that I always had the morning after a fall. Was pretty intense but bh I didnt make much of it once I woke up and realized it was all a dream and nothing actually happened.

Im not sure why I felt the need to post this. I guess im just trying to figure out what it comes from because it def wasnt coming from fantasizing during the day???

=====

Re: hopeful but cautious

Posted by chosemysheM - 17 Jul 2025 21:19

---

[daverose2 wrote on 17 Jul 2025 21:12:](#)

Bh since I fell 18 days ago after 8 clean weeks. The past 18 days were amazing in all areas no porn no masturbation no fantasizing no looking around on the streets. I havent had such success in shmiras enayim since I started here. Yesterday I had a little harder day in regard to shmiras enayim on the st nothing crazy but in regards to the past couple weeks it wasnt my A game. I found it fascinating how the YH made me feel like a piece of garbage for just a couple small looks, looks that just a couple weeks ago I wouldnt even consider a lack of shemiras enayim. Its interesting how any success I have the YH uses it against me, that when im a little off he jumps in for the attack. Bh I didnt make much of it and ignored it.

Also another thing, the past couple nights I had dreams off lusting and masturbating which I dont recall ever having in my life. It felt so real and even in my dream I felt terrible, and was trying to figure out what im going to tell my mentors. I even woke up with that nasty feeling that I always had the morning after a fall. Was pretty intense but bh I didnt make much of it once I woke up and realized it was all a dream and nothing actually happened.

Im not sure why I felt the need to post this. I guess im just trying to figure out what it comes from because it def wasnt coming from fantasizing during the day???

Congrats on picking up the rebound for a slam dunk!!

I'll steal HHM's chiddush and explaint the dreams because it feels good to share good news. Good news! The dreams are a fantastic sign. Because your subconscious recognizes that you have firmly rejected lust it is flailing around trying to adjust. Hence, weird dreams. This is normal, and very healthy sign. Keep up the truckage!

=====

=====

Re: hopeful but cautious

Posted by upanddown - 17 Jul 2025 21:24

---

Kudos to you for all those major wins against the YH!! It's really not easy during these summer days.

Re the dreams, it's a very common phenomenon after being clean for a while. I think it's the YH going into panic mode.

Much Hatzlacha!!

Keep up your great work!

=====

=====

Re: hopeful but cautious

Posted by Muttel - 18 Jul 2025 17:13

---

[daverose2 wrote on 17 Jul 2025 21:12:](#)

Bh since I fell 18 days ago after 8 clean weeks. The past 18 days were amazing in all areas no porn no masturbation no fantasizing no looking around on the streets. I havent had such success in shmiras enayim since I started here. Yesterday I had a little harder day in regard to shmiras enayim on the st nothing crazy but in regards to the past couple weeks it wasnt my A game. I found it fascinating how the YH made me feel like a piece of garbage for just a couple small looks, looks that just a couple weeks ago I wouldnt even consider a lack of shemiras enayim. Its interesting how any success I have the YH uses it against me, that when im a little off he jumps in for the attack. Bh I didnt make much of it and ignored it.

Also another thing, the past couple nights I had dreams off lusting and masturbating which I dont recall ever having in my life. It felt so real and even in my dream I felt terrible, and was trying to figure out what im going to tell my mentors. I even woke up with that nasty feeling that I always had the morning after a fall. Was pretty intense but bh I didnt make much of it once I woke up and realized it was all a dream and nothing actually happened.

Im not sure why I felt the need to post this. I guess im just trying to figure out what it comes from because it def wasnt coming from fantasizing during the day???

This post may resonate with you

([guardyoureyes.com/forum/19-Introduce-Yourself/413043-My-ENTIRE-story?limit=15&start=105#415781](https://guardyoureyes.com/forum/19-Introduce-Yourself/413043-My-ENTIRE-story?limit=15&start=105#415781)). Super normal and indicative of your growth as other have stated. Onward march!

Muttel

=====

=====

Re: hopeful but cautious

Posted by daverose2 - 31 Jul 2025 01:24

---

Hey

Its been a little bit since I last posted. I had a set back after 27 clean days.

I fell.

I dont know why.

I can think of 1000 excuses but I dont think thats the answer so I wont say them.

I dont know what to learn from this.

My past set back I learned so much from but this one nothing.

I fell and then basically threw up from disgust.

I feel (felt) terrible I cant figure out what led to it I was doing so well and then boom just fell.

I dont remember any urges.

I didnt even put up a fight it just happened.

I was so embarrassed with myself that it took me a day to reach out to a mentor (and 5 days to post)

Bh I managed to get back up but badly bruised I went from 28 days of from the greatest shmiras einim I have ever had, to now 4 days of no control over my eyes. I staying away from porn and masturbation but it doesnt feel the same. I know that I can do better but im extremely busy with things going on in my life right now so I dont have much time to talk to guys or post...

Thanks for listening!

=====

Re: hopeful but cautious

Posted by vehkam - 01 Aug 2025 00:02

---

sometimes you just have to be a soldier, even if it "doesn't feel the same". It would be good for you to only count your cumulative clean days for now and not focus on the streak. for the record it sounds like this fall was just an absent minded return to an old habit and this has no bearing on your commitment or your motivation. Try to move past it as if it was a wet dream and keep

strengthening yourself.

=====

=====

Re: hopeful but cautious

Posted by hashemisonmyside - 01 Aug 2025 16:20

---

Vehkam, love the mindset.....

=====

=====