

My Journey

Posted by elevating - 29 Jul 2025 22:14

Hi, I'm new here, signed up just a few days ago. Was listening to a shiur on TA after falling a lot in 2 days when I noticed after a few min that the shiur was sponsored by GYE, and on a whim I signed up. I've already gained tremendously from the tools they offer on the website. I've barely been clean from mzl over the past ten years or more, but now I'm starting my journey to reach 90 days clean. Today is Day 5 (my streak is off by one cuz I was 2 days clean when I started). I'll post here when I hit my milestones, cuz I don't think I'll be able to make it without accountability.

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Re: My Journey

Posted by hashemisonmyside - 30 Jul 2025 03:12

Welcome to this beautiful family!

this is the perfect place you'll get the chizuk and support you need, just stay with us.....

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Re: My Journey

Posted by yosefthet zadik - 30 Jul 2025 05:59

Congrats on 5 days!

You've come to the right place. Hundreds of people here who overcame struggles in those areas.

Check out the book "The Battle of the Generation" almost everyone on this website can testify on the great impact it had on them and the tremendous help to overcome lust.

Good luck on your journey!

Yosef the Tzadik

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Re: My Journey

Posted by hollyari - 30 Jul 2025 17:58

Welcome, Mr. Elevating!

Mazal Tov on this brave and powerful step forward — you've come to the right place!

We're excited to hear your *ups and more ups* (the downs can stay behind you).

About your streak: there should be a way to get it updated. I recommend reaching out to Efraim — not only is he great to talk to, but I'm sure he'll be helpful with this as well.

Keep rising! We're cheering for you.

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Re: My Journey

Posted by elevating - 30 Jul 2025 19:10

Thanks for chizuk and support! I downloaded the battle of the generation and read 1st chapter and was blown away! My main takeaway was that these challenges and nisyonos is what gives us the opportunity to reach greatness if we overcome! I found this to be very empowering - that the nisayon itself is what gives me my potential to grow. ?????? ?????? ?????? ?????? ??? ?????? ?????? ??????! So thank you yosefthetzadik for the recommendation. will iyh read a chapter a day.

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Re: My Journey

Posted by elevating - 04 Aug 2025 11:30

10 days clean!! Thank you Hashem for GYE!!

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Re: My Journey

Posted by elevating - 08 Aug 2025 15:26

I am bh 14 days clean with no mzl or fantasizing. The past 2 weeks feels like the beginning of a new chapter in my life. I am rewiring my brain in so many different ways and becoming a new person - the nature of the nisayon, what triggers an urge, how to view and deal with urges, and the hashkafa of the bedroom in marriage.

A few highlights:

1) I reached out and got a mentor to be in contact with.

2) I had a hole in my filter which I took care of. I have 2 user accounts with Techloq. The default blocks everything besides for necessary websites. The other user account requires a password that me and my wife split that allows google search, but still blocks all inappropriate websites. But youtube was allowed. Though it blocked almost all video categories, I was still able to see previews to the video. This posed a problem if we accessed this user account and then my wife left while the laptop was still open. For example, this past pesach bein hazmanim she left for a wedding while it was open, and I did not spend the next few hours productively. I reached out to TAG and blocked youtube completely.3) The nisayon of shemiras einayim in the street has been much easier since I was clean. I think that fantasizing at night increased my tayvah to look by day, and now that I stopped, although there still is a tayvah, it's significantly weaker.4) My marriage has been much stronger, which is not something I expected. I now have a deeper and closer connection with my wife the past 2 weeks.

Last night I had a strong urge 5am due to the fact that I was extremely frazzled and exhausted. Thanks to GYE I had the tools to deal with it. I noticed the urge as something happening to me, took a few deep breaths, put on a podcast for 10 minutes and fell back asleep.

Thanks for listening and allowing me to share my journey!

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Re: My Journey

Posted by cleanmendy - 10 Aug 2025 13:36

Welcome elevating! Your a chizuk to all of us on here, how you jumped right in, mentors, forums and starting your streak. Please keep us posted.

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Re: My Journey

Posted by hollyari - 10 Aug 2025 15:06

Good morning, Elevating brother!

16 days — that's huge! You're crushing it!

Let's keep stacking these wins, one day at a time, until we hit the highest heights together!

I see we're side by side on the 90-day chart — shoulder to shoulder, let's climb all the way to the top and plant our flag!

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Re: My Journey

Posted by elevating - 11 Aug 2025 00:59

Thanks so much for the support! It feels so good knowing I'm not in this fight alone, that I'm part of an entire battalion of fighters! I wish the rest of klal yisroel would know how many kedoshim there are in the GYE community! There are hundreds of yidden here who are succeeding in fighting the burning yetzer hara, and just a few weeks ago I thought this yetzer hara is not possible to fight! I am truly inspired!

@hollyari: Let's keep on trucking 'til 90 one day at a time!

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Re: My Journey

Posted by hollyari - 12 Aug 2025 16:41

Waiting you to update today's streak..

I'm sure you're syill with us, right?

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Re: My Journey

Posted by hollyari - 14 Aug 2025 14:02

Hey you..

It's been long since we heard your voice!

Come on in, you're always invited..

Let me hear, how is your day going?

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