

My Clean Days Log

Posted by ??? ????? ????? ??? - 27 Jan 2020 01:01

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Hello GYE Forum.

I will mark my progress in this topic called, "My Clean Days Log." Thanks for any and all support and encouragement.

I will attempt to post a meaningful text (most often religious, but maybe secular as well) to accompany my journey. Comments on the texts are appreciated as well.

Day 1:

??? ????"? ?? ?????????? ?? ?????????? (?????? ??? ?.)

My translation tonight: G-d does not bring down humanity with clever ploys (Avodah Zarah 3a).

Namely, the *mitzvos* that we must keep are doable and are not impossible tasks. As hard as they may seem sometimes, the *mitzvos* of *kedusha* are not clever ploys to trip up humanity, but rather they are achievable *mitzvos*. I believe in the eternity of the Torah and its applicability and relevance to every generation, most importantly this one and my life. It would then follow that I can accomplish great growth in the area of *kedusha* and that I can work to push back against the *yetzer hara*.

Thanks for reading!

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Re: My Clean Days Log

Posted by ??? ????? ????? ??? - 18 Oct 2021 11:33

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Day #35.

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Re: My Clean Days Log

Posted by Rebuild613 - 18 Oct 2021 12:04

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[??? ???? ???? ??? wrote on 18 Oct 2021 11:33:](#)

Day #35.

Mazel tov for reaching day #35

wishing you that you should reach Year #35

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If you don't mind allow me to share what I have tried lately,. All the expressions in Tehilim about the enemies I have in mind the ultimate enemy of man which is the Yetzer Hara, so in honor of day #35 let's have a look into chapter 35 in Tehilim

(translating from ArtScroll)

Dovid is asking Hashem. Fight O'Hashem my adversaries, battle those who do battle with me.

May they be ashamed and humiliated those who seek my life.

O Lord, how long will you look on? Rescue my soul from their destruction, from the young lions my essence.

comment's and suggestions are welcomed

**Without feedback how can I improve**

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Re: My Clean Days Log

Posted by ??? ???? ???? ??? - 27 Oct 2021 02:22

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Day #44.

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Re: My Clean Days Log

Posted by ??? ????? ????? ??? - 02 Nov 2021 02:04

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#50.

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Re: My Clean Days Log

Posted by committed\_togrowth - 02 Nov 2021 16:30

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What an incredible milestone!

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Re: My Clean Days Log

Posted by ??? ????? ????? ??? - 07 Nov 2021 00:35

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Day #55.

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Re: My Clean Days Log

Posted by ??? ????? ????? ??? - 12 Nov 2021 01:18

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Day #60.

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Re: My Clean Days Log

Posted by Zedj - 12 Nov 2021 04:15

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60=2 months,

Incredible!

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Re: My Clean Days Log  
Posted by ??? ????? ????? ??? - 22 Nov 2021 00:51

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Day #70.

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Re: My Clean Days Log  
Posted by Hashem Help Me - 22 Nov 2021 01:11

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Beautiful!!

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Re: My Clean Days Log  
Posted by ??? ????? ????? ??? - 25 Nov 2021 07:57

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Day #73.

Cumulative Clean Days: **600**

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Re: My Clean Days Log  
Posted by ??? ????? ????? ??? - 07 Dec 2021 04:17

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Day #85.

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Re: My Clean Days Log

Posted by ??? ???? ???? ??? - 12 Dec 2021 01:55

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Day #90.

A few points from this 90-day journey:

1. I did this 90-day journey with three unfiltered company devices. It's possible (although I highly recommend and encourage filtering software on all personal devices!!!). I arranged an accountability partner, GYE's own HHM, and communicated with him regularly through texts and a phone call or two. Thank you, HHM.

2. Refraining from watching pornography and masturbating, in my experience, is not satisfying. In other words, I don't feel like I am accomplishing anything by not doing something. The 90-day counter helps that a little bit because I can see my progress, but not fully. I try my best to be productive and to do things that make me feel like I am accomplishing good in this world. Being satisfied and fulfilled goes a long way in this and other struggles. I don't think, in this 90-day period, I ever had an urge to masturbate or look at pornography when I was focused and involved in a productive activity.

3. I didn't graduate. I didn't kill the *yetzer hara*. My desire for sexual gratification has not changed. And that is perfectly okay and normal. That also means that the controls I set up for the 90 days are not going away. I want to stay away from pornography and masturbation for many reasons, religious, personal, and otherwise. I am not going to let my guard down.

4. The slips and falls that I have had since joining GYE are nothing compared to what I was like before joining GYE (617 cumulative clean days since Jan 2020 vs. 3-4 times a week for the better part of 15 years). Being part of an online anonymous community has made a difference for me. It didn't guarantee that I was 100% cured of all problems in one day. For me, it was and is a process, but I am experiencing success.

5. I've written about this before, but I'll write it again. What GYE did for me was helped me to chip away at the shame that I was carrying. I felt that there was something wrong with me. How

could this rabbi (yes, rabbi) and

*ben Torah* keep indulging in this sinful and dark behavior? I don't feel that way anymore. I am a great person. A tzaddik. I also have my shortcomings. You know what that makes me? Like everyone else in the world. This issue of pornography and masturbation is a slight imperfection in my whole self. I sized the issue down tremendously and was able to start making real progress.

Thank you to all the GYE users who have helped and supported me throughout these last two years. I will continue to post updates on my end and I will try to pop in and respond and engage with other users on their threads too.

Wishing *hatzlacha* to all of you reading this on your journeys both regarding these issues and the rest of your lives!

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Re: My Clean Days Log  
Posted by Hashem Help Me - 12 Dec 2021 05:09

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Mazel Tov tzaddik. Now start helping others.

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Re: My Clean Days Log  
Posted by Avrohom - 13 Dec 2021 01:18

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[??? ???? ???? ??? wrote on 12 Dec 2021 01:55:](#)

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Well said! Great post - thank you!

In terms of refraining not being satisfying, I think I know what you mean. There isn't a tangible pleasure. For me, when I'm tempted to act out or look for or at something, I compare my current life with what it was before I joined GYE. There's no comparison! I'm not constantly being pulled by a riptide through the mud, I'm more present for my wife and kids, I have more serenity, not loaded with guilt, and much more. I don't know if it's that way for everyone, but that is satisfying for me.

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