

## GYE - Guard Your Eyes

Generated: 29 January, 2022, 10:16

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OivedElokim-I'll never give up

Posted by OivedElokim - 21 Feb 2021 21:37

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### Day one.

This is my brand new thread for my brand new journey towards purity.

I will keep with me the lessons learned so far and keep my eye on the ball.

Today is the first day of the rest of my life.

A porn and masturbation free life.

A life of positivity and happiness.

A life of Torah and Avodah.

The life G-d intends for me to live.

Wish me luck.

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Re: OivedElokim-I'll never give up

Posted by Snowflake - 26 May 2021 12:53

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[OivedElokim wrote on 24 May 2021 23:23:](#)

@ snowflake

Firstly- thanks for your post. You are probably correct about the whole mindset thing.

I do have a therapist, and I am trying to work through stuff. Not seeing much success at the moment, but that's not directly relevant. I don't think my lust issues can be put on the back burner. Not anymore.

Fell several times over the weekend. Back to day 1 now.

That's the spirit. Don't let the past falls get to you.

Atzvus is only a tool of the YH.

Control what you can control, your mindset, environment, exposure to bad stuff, etc. Recognize what you can't control. i.e. some (myself I guess) can't watch regular movies, because they get aroused, so they cut it.

Take notes of how and why you fell, and change the circumstances.

Have you been doing sports too? They can be of great relief.

We're here for you!

We're in this together, all of us.

Please keep us posted. You give us chizuk!

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Re: OivedElokim-I'll never give up  
Posted by OivedElokim - 28 May 2021 04:47

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Plan for the weekend ( off Shabbos):

\$20 knas for touching unfiltered devices when not in the presence of others or without texting a GYE accountability partner before and after.

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Re: OivedElokim-I'll never give up  
Posted by Zedj - 28 May 2021 06:09

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Awesome!

I hope all works out

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Re: OivedElokim-I'll never give up  
Posted by OivedElokim - 28 May 2021 23:29

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Day 5

Gotta be vigilant motzei Shabbos. That's a very dangerous time for me.

Anyways good Shabbos guys

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Re: OivedElokim-I'll never give up  
Posted by OivedElokim - 30 May 2021 02:23

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Fell but without porn. Feel like that is a victory

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Re: OivedElokim-I'll never give up  
Posted by eyes - 08 Jun 2021 23:44

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Mate havent heard from u in some time

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Re: OivedElokim-I'll never give up  
Posted by OivedElokim - 09 Jun 2021 05:31

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Gotta post an update sometime. I've been trying to bury me head in the sand and avoid accountability, hence my lack of posting. Not feeling motivated right now...

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Re: OivedElokim-I'll never give up  
Posted by OivedElokim - 23 Jun 2021 22:07

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Hey there. It's been awhile. After a prolonged period of repeated falls, I have decided to put my foot down. I made a contract with a friend to stay clean for 10 days with gedarim, delays and a knas. Hope that'll help me gain some momentum. Wish me luck...

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Re: OivedElokim-I'll never give up  
Posted by Hashem Help Me - 23 Jun 2021 22:09

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May Hashem grant you success!

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Re: OivedElokim-I'll never give up  
Posted by OivedElokim - 25 Jun 2021 21:31

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**Day 2:**

## GYE - Guard Your Eyes

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As part of my recommitment to freedom from pornography I deleted YouTube from my phone. It was a real sacrifice, and I need to keep reminding myself how crucial it is to survive without it and find new ways to keep myself entertained and busy. It's the mesirus nefesh of our generation. In the early 1900s the ????? was ????? ???, and nowadays it's ????? ??????. But it's all about recognizing what's truly important in life, and what our ??? ??? convinces us is a necessity but it is really nothing more than a mind numbing time waster.

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Re: OivedElokim-I'll never give up  
Posted by EvedHashem1836 - 25 Jun 2021 22:31

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The more you think about it the more you realize youtube is a scam. It's literally designed to keep you there forever (with all the suggested videos on the side - how many times have you fell down the rabbit hole?)

Regardless of shmiras einayim issues I think it makes a lot of sense to cut out youtube just because whats the point in living life when we aren't "living" but just "surviving" and making it through each day watching hours and hours of youtube? If thats what we're doing with our time then why are we even here in this world?

Kal vichomer when youtube presents shmiras einayim issues its a must cut - even when you start kosher it always heads the wrong way and fast too.

Anyways feel free to take a different approach but this is what personally helped me stop youtube, tv, etc.

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Re: OivedElokim-I'll never give up  
Posted by Markz - 27 Jun 2021 04:29

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[OivedElokim wrote on 25 Jun 2021 21:31:](#)

**Day 2:**

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Good move!

How did it land in your phone in the 1st place?

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Re: OivedElokim-I'll never give up  
Posted by Uriel - 27 Jun 2021 09:10

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I did the same.

We have apps like; Torah Anytime, Bezrat Hashem, Devine Information, etc.

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Re: OivedElokim-I'll never give up  
Posted by Uriel - 27 Jun 2021 09:10

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Re: OivedElokim-I'll never give up  
Posted by OivedElokim - 28 Jun 2021 06:23

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Day 5

Clean, BH.

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