

## **GYE - Guard Your Eyes**

Generated: 22 January, 2022, 14:55

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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 DavidT - 26 Jul 2021 18:16

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[OivedElokim wrote on 26 Jul 2021 06:15:](#)

### **Day 5**

Feeling weak now...

When we feel weakness, we need to acknowledge that without the help of Hashem we are powerless over lust. Once we recognize this, we have no choice but to surrender lusting altogether. And this becomes our greatest strength because the Yetzer Hara's strongest tool to getting us to stumble is to try to get us to lose our connection with Hashem.

Also, when feeling weak we can tell ourselves, "just for today, I will stay clean." "Just for **this moment**, I will stay clean." The past and the future are out of our hands and belong **only** to Hashem. When we feel that we are about to fall, we may even tell ourselves that we reserve the right to act out tomorrow. We are not making a decision now for life. However, just for today we will do whatever we can to stay clean.

Teshuva is only relevant inasmuch as it affects **today's** avodah. The Chovos Hal'avos says (right at the start of sha'ar hateshuvah), that the **definition** of Teshuvah is **behaving correctly** right now, even though we have messed up badly in the past. It is not about fixing anything. (It's *Hashem's business* to fix us, not ours).

So remember, **today is the first day of the rest of your life!** So let's do our very best to stay clean just **for today**.

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Re: OivedElokim-I'll never give up  
Posted by OivedElokim - 28 Jul 2021 04:48

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Been falling a lot over the last two days.

I don't have a concrete staying clean plan for staying clean. Nonetheless I am determined to remain clean for the next 24 hours. I cannot say no today for tomorrow, but I can say no today for today. ODAAT. I don't know if I'll see success long term, but that's not my concern right now.

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Re: OivedElokim-I'll never give up  
Posted by DavidT - 28 Jul 2021 12:17

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[OivedElokim wrote on 28 Jul 2021 04:48:](#)

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I don't have a concrete staying clean plan for staying clean. Nonetheless I am determined to remain clean for the next 24 hours. I cannot say no today for tomorrow, but I can say no today for today. ODAAT. I don't know if I'll see success long term, but that's not my concern right now.

You don't need to worry about a plan that will keep you clean next year. If you'll say NO today, then afterwards stop thinking about it... you've won!

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Re: OivedElokim-I'll never give up  
Posted by Captain - 28 Jul 2021 13:12

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[DavidT wrote on 28 Jul 2021 12:17:](#)

[OivedElokim wrote on 28 Jul 2021 04:48:](#)

Been falling a lot over the last two days.

I don't have a concrete staying clean plan for staying clean. Nonetheless I am determined to remain clean for the next 24 hours. I cannot say no today for tomorrow, but I can say no today for today. ODAAT. I don't know if I'll see success long term, but that's not my concern right now.

You don't need to worry about a plan that will keep you clean next year. If you'll say NO today, then afterwards stop thinking about it... you've won!

Sometimes it's hard to make a concrete plan. To know exactly how and what to change can be difficult, and to accurately predict what will be in the future is even harder. And regarding effort, surely it's best to focus just on today, instead of trying to do the impossible task of "being clean 90 days all today," which just overwhelms us.

But at the same time it's important to do things that will put us in a better position in the future.

To use an example I learned from chess: I read a book that explained that a lot of the moves we do in the beginning of the game are not done with a calculation of exactly what moves will happen afterward and the exact position we will be in later on. They are made because we know the general idea that it's good to have this piece in this spot. That it probably will be beneficial later on in the game even though we don't know exactly how.

I think it's the same thing here. Our efforts are limited to today, and our immediate goals and objectives our focus on today. But even though we are not planning exactly what to do down the road, it's important to do things that seem that will probably somehow be beneficial later on. We didn't make a direct action, and perhaps our plan does not focus at all on what we will do tomorrow. Our efforts and thoughts are all about today. But we do also need to add things that we might not know how exactly but it makes sense that they would strengthen us at some point down the road.

That's why it's good to add something like reading a book or listening to something motivational every day. We're not trying to fight tomorrow's fights today. But we are trying to make an imprint in ourselves or invest in ourselves today, without any knowledge of how exactly it will help us. We might not see any change in ourselves. But something small is happening. And everything adds up.

And you never know, maybe as a result result tomorrow's battle will be easier. Or maybe it won't. Maybe a different day's battle will be easier. But we know vaguely that we are somehow putting ourselves in a better position. I think that's something that's important for us to do everyday.

(The resources I like are in my signature. But pick the ones that YOU like, which is more important.)

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Re: OivedElokim-I'll never give up  
Posted by Striving Avreich - 28 Jul 2021 14:13

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Do you have a mentor? Someone to talk to?

I find it important to get out of my head when I feel overcome by lust (actually when the build up starts).

I can give you my number if you'd like

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Re: OivedElokim-I'll never give up  
Posted by OivedElokim - 29 Jul 2021 04:52

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Please do

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Re: OivedElokim-I'll never give up  
Posted by OivedElokim - 03 Aug 2021 22:02

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So I have come to realize that I need to stop  
**Warning: Spoiler!**

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Re: OivedElokim-I'll never give up  
Posted by OivedElokim - 03 Aug 2021 22:04

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Any sagely advice and wise counsel would be greatly appreciated.

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Re: OivedElokim-I'll never give up  
Posted by OivedElokim - 06 Aug 2021 05:43

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**Day 2**

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Re: OivedElokim-I'll never give up  
Posted by OivedElokim - 09 Aug 2021 22:01

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**Day 5**

Spending the week with family. minimal access to unfiltered devices, BH

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Re: OivedElokim-I'll never give up  
Posted by OivedElokim - 11 Aug 2021 21:59

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**Day 7**

Been having a pretty easy time although I struggled a bit with an urge to masturbate a few nights ago. Over all the lesson is that cutting unsupervised or unfiltered devices out of my life is the best strategy. I think I may need to buy myself a laptop and install a filter so that I never have an excuse to use unfiltered devices. Gotta start saving up...

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Re: OivedElokim-I'll never give up  
Posted by OivedElokim - 13 Aug 2021 02:19

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**Day 9**

Had a very vivid sexual dream last night and woke up very aroused. Really wanted to "follow through" but I found the strength within me to say no. So I'm still clean, BH.

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Re: OivedElokim-I'll never give up  
Posted by dovidfg - 13 Aug 2021 02:32

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[OivedElokim wrote on 13 Aug 2021 02:19:](#)

**Day 9**

Had a very vivid sexual dream last night and woke up very aroused. Really wanted to "follow through" but I found the strength within me to say no. So I'm still clean, BH.

Please send me a link to the strength within

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Re: OivedElokim-I'll never give up  
Posted by OivedElokim - 15 Aug 2021 03:13

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**Day 11**

Clean

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Re: OivedElokim-I'll never give up  
Posted by YeshivaGuy - 16 Aug 2021 01:24

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You are amazing man. Simply amazing

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