

## **GYE - Guard Your Eyes**

Generated: 22 January, 2022, 15:12

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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 OivedElokim - 16 Aug 2021 05:13

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### **Day 12**

Was using my mother's phone for something today. I was about to give it back and then I started thinking to maybe "utilize" the opportunity for some borderline stuff. Thankfully it remained in the realm of thought...

Starting yeshiva this week. Hoping it all works out. Very grateful to G-d for almost two weeks clean. I hope this momentum will carry me forward to many clean day.

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Re: OivedElokim-I'll never give up  
Posted by YeshivaGuy - 16 Aug 2021 12:39

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[OivedElokim wrote on 16 Aug 2021 05:13:](#)

**Day 12**

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Wow! I've been in the exact same situation before, and know how hard it is to win that battle.

Very impressive.

Hatzlocha in Yeshiva!

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Re: OivedElokim-I'll never give up  
Posted by Hashem Help Me - 17 Aug 2021 20:10

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Keep it up tzaddik. Each time you resist temptation for what appears to be so readily available and enticing, strengthens your "NO" muscle for future nisyonos.

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Re: OivedElokim-I'll never give up  
Posted by OivedElokim - 20 Aug 2021 22:37

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After 16 clean days I fell. Still clean from porn though. Have to figure out how to avoid what triggered this fall...

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Re: OivedElokim-I'll never give up  
Posted by OivedElokim - 26 Aug 2021 04:27

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## Day 2

Found a chink in my armour recently that has been the source of a few falls. Still trying to figure out how to block it. Until then I have committed-from now till Rosh Hashana- to call an accountability partner from GYE whenever I feel like falling (no matter what time it is- most of my falls are in bed and I tend to go to sleep late). If I fail to do so I will donate \$10 to GYE. So that's the plan.

I realized lately how porn totally warped my brain to see every woman as an object. When I walk down the street-I have to go down quite a busy one to get to yeshiva daily- I am subconsciously rating the sexual desirability of every woman I see. It's terrible. I'm almost up to shidduchim and I don't know how I'm going to put this behind me...

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Re: OivedElokim-I'll never give up  
Posted by Hashem Help Me - 26 Aug 2021 05:07

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[OivedElokim wrote on 26 Aug 2021 04:27:](#)

## Day 2

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Knowing this and being honest about it is step one in the refuah.

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Re: OivedElokim-I'll never give up  
Posted by OivedElokim - 29 Aug 2021 07:40

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Finished selichos lately.

Feeling weak...

I'd love to masturbate now...

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Re: OivedElokim-I'll never give up  
Posted by OivedElokim - 30 Aug 2021 23:03

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Been on a falling streak last couple days. I don't know what it is but I'm definitely experiencing a lot of stress and existential angst. My days in yeshiva aren't fully structured yet as I don't have chavrusos for everything. I'm also not sure if I want to be in yeshiva a full day this year, as I am (perhaps more then) a bit burnt out of yeshiva life. So looking into part time jobs, discussing with my therapist and Rabbeim what course I should take. So all these factors-as well as the regular poor mental/emotional health element which has been ever present in my life for the last half a year-all contribute to my susceptibility to falling.

Baruch HaShem I can report that I have not seen porn in over two weeks and before that for probably a month so I definitely cut down on that. But I am still “starved” for any sort of erotic content (suggestive pictures etc.) that I manage to find through shopping apps and the like. Hope to find a way to mitigate that issue. Anyways that’s the deal. Thanks for reading.

Much success to all of you!

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Re: OivedElokim-I’ll never give up  
Posted by Hashem Help Me - 31 Aug 2021 11:26

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Hopefully you will receive guidance how to make your days productive in a healthy setting - be it yeshiva or a job. The fact that you are putting effort into keeping your eyes clean will iyh be a game changer. No more brain washing yourself that women are objects and that sex is for fun. As these images and thought processes recede, you will iyh regain control. Keep up the good work and celebrate the two weeks of clean eyes. Maybe you don't realize what an accomplishment it is. Just speak to all the guys who have not figured out how to stay off pornography for more than 48 hours....

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Re: OivedElokim-I’ll never give up  
Posted by OivedElokim - 01 Sep 2021 01:39

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I wish I had a device I could watch porn on. I’m yearning for the sweet images and the release of lust. I don’t have a way to do it right now, but that’s where I am mentally.

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Re: OivedElokim-I’ll never give up  
Posted by lionking - 01 Sep 2021 01:44

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Thanks for sharing. It's good to get it out in the open. It helps dispel some of the desire.

May you have much Hatzlacha

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Re: OivedElokim-I'll never give up  
Posted by OivedElokim - 01 Sep 2021 03:39

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Not gonna get into details but I just had a big nisayon. So I called @YG and he talked me through it and now I owe myself a roll of sushi and a pat on the back.

Special thanks to Hashem and YeshivaGuy. You rock!

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Re: OivedElokim-I'll never give up  
Posted by OivedElokim - 01 Sep 2021 05:36

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Fell. Ironically on the night that I committed to the Elul challenge. I hope IMG will forgive me and perhaps I'll get another chance.

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Re: OivedElokim-I'll never give up  
Posted by YeshivaGuy - 01 Sep 2021 09:00

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[OivedElokim wrote on 01 Sep 2021 05:36:](#)

Fell

Sorry to hear buddy. It gets super hard after passing a hard nisayon.

Dont let the Yetzer fool you though. You overcame a tremendous nisayon with superhuman heroic Gevura.

So make sure you celebrate that.

After all, that's what HaShem's doing.

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Re: OivedElokim-I'll never give up  
Waiting to hear what type of call you got  
Posted by OivedElokim - 02 Sep 2021 00:24

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Had a bad fall today. Watched porn for the first time in awhile. I can't keep up this fight forever. It feels like The temptations are everywhere always and I don't have what it takes to overcome it.

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