

## GYE - Guard Your Eyes

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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 - 15 Sep 2021 20:02

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Re: OivedElokim-I'll never give up  
Posted by OivedElokim - 19 Sep 2021 01:47

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Re: OivedElokim-I'll never give up  
Posted by Hakolhevel - 19 Sep 2021 05:38

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[i-man wrote on 13 Sep 2021 03:01:](#)

Fell

That is a hard move - shows your commitment

theres an app called yidpod has only Jewish podcasts, I'm not sure how good it is but definitely worth checking out .

Also Torah anytime just released their new and improved App , I found it to be way more enjoyable to use. ( when is Gye gonna do that ?)

hatzlacha!

I don't understand? Deleting one app at a time? Why not tag the phone or get rid of the smart phone all together?

Just askin'

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Re: OivedElokim-I'll never give up  
Posted by OivedElokim - 19 Sep 2021 06:06

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I am pretty happy with my current filter (Apple restrictions) but it's not possible to filter apps. I don't see how getting it TAGGED would rectify that.

As far as giving up my smartphone-I am not ready for that now, maybe sometime in the future. For now I am focusing on making sure my smartphone is completely Kosher.

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Re: OivedElokim-I'll never give up  
Posted by wilnevergiveup - 19 Sep 2021 06:57

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[OivedElokim wrote on 19 Sep 2021 06:06:](#)

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I think the question was if the phone is more trouble than it's worth. This doesn't mean that you have to get rid of it right now, but the awareness can be a gamechanger. You might really need it, but you can still give it some thought.

I think "tagged" would mean getting rid of apps that can be a problem.

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Re: OivedElokim-I'll never give up  
Posted by Captain - 19 Sep 2021 13:47

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[OivedElokim wrote on 19 Sep 2021 06:06:](#)

I am pretty happy with my current filter (Apple restrictions) but it's not possible to filter apps. I don't see how getting it TAGGED would rectify that.

As far as giving up my smartphone-I am not ready for that now, maybe sometime in the future. For now I am focusing on making sure my smartphone is completely Kosher.

Why don't you call TAG and ask them if they have any solutions that would work for you. For example, blocking certain apps. They will discuss with you what they can and can't do, and you can make sure it's something you are comfortable with that works for you. It doesn't hurt to ask.

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Re: OivedElokim-I'll never give up  
Posted by OivedElokim - 19 Sep 2021 16:45

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Just got home, which is pretty much safe as far as internet goes. So I'm looking forward to an easier struggle over sukkos.

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Re: OivedElokim-I'll never give up  
Posted by OivedElokim - 20 Sep 2021 00:33

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I'm having an incredible day so far in terms of happiness and productivity. I don't think I would be exaggerating by saying that I haven't felt this good in six months, since the onset of a deep depression that lasted from Pesach till now. I've been slowly crawling out of it, BH, but today was a massive leap. I do not recall such a day of productivity, happiness and fulfilment in a long time.

) but I have stumbled upon a formula that I can replicate bez"h to go back to living a happy and successful life. And as it relates to GYE struggles-I have absolutely no desire for any of the garbage that I keep falling into over the past few weeks and months. It's just not appealing.

I know that in the past I have made the case on this site that depression and

pornography/masturbation should be viewed as separate issues and addressed individually , but I now see the other side of things. Tayva is endemic to the human male condition, but the obsessive pursual of it is most often-if not always-a result of a deep feeling of emptiness and depression. A happy me is a me much better equipped to avoiding the first slip. An unhappy me is a me that sees it's only (temporary and fleeting) salvation in acting out sexually.

May Hashem bless us all with clarity so that we may find happiness, success and purity, and to spend our lives fulfilling the aspiration so beautifully expressed by the sweet singer of Israel

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Re: OivedElokim-I'll never give up  
Posted by Sapy - 20 Sep 2021 00:41

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[OivedElokim wrote on 20 Sep 2021 00:33:](#)

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This post made my day!!! I'm really happy to this great news my friend! May you continue

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Re: OivedElokim-I'll never give up  
Posted by withgdthereshope - 20 Sep 2021 01:04

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[OivedElokim wrote on 20 Sep 2021 00:33:](#)

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Absolutely love this. Would just advise to find a way to remember/write down this feeling because the nature of addiction is that when we are in it's throes, we don't see out of our small world. When you do feel down sometime in the future we can forget this feeling and the truth you wrote.

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Re: OivedElokim-I'll never give up  
Posted by OivedElokim - 20 Sep 2021 01:17

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Of course I plan to write more in my actual journal, god willing.

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Re: OivedElokim-I'll never give up  
Posted by OivedElokim - 26 Sep 2021 01:15

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Masturbated in the shower Friday. Clean from porn for over a week, BH.

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Re: OivedElokim-I'll never give up  
Posted by OivedElokim - 11 Oct 2021 21:29

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**Day 0**

Well I did write it here...

So I have this tendency to post only when things are going relatively well or I at least feel like I have some sort of handle on the matzav. That has not been the case for the last couple weeks.

As far as porn goes I haven't seen it in a week, and I made a month long contract to not use unfiltered devices. So I think I'm safe on that front. However I have been masturbating every night, and I don't currently have a plan to change that.

On another note I have been encouraged by a friend from this site to bring up my porn and masturbation issues with my parents so that they understand a lot of my hesitation with regards to starting dating. I think I have to do it but I dread the conversation like nothing else.

Any thoughts or tips would be very helpful.

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Re: OivedElokim-I'll never give up  
Posted by OivedElokim - 12 Oct 2021 02:32

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I had the conversation with one of my parents. It was difficult but I felt relieved afterwards.

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Re: OivedElokim-I'll never give up  
Posted by OivedElokim - 12 Oct 2021 13:27

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So for the first time in awhile, I did **not** masturbate last night, BH. So I'm getting back on track.

In addition I started get up on time and getting back into the Yeshiva routine.

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