



Guardyoureyes

Maintaining Moral Purity in Today's World

Testimonials & Stories

(Out of hundreds)



An anonymous Rabbi:

"I am a Rov, Posek, Magid Shiur and Mechaber Sfarim. I have many talmidim. I have been unsuccessfully battling this problem for at least 40 years. I read thoroughly the GYE handbook and would like to make the author my Rebbe. "K'mayim karim al nefesh ayefoh", this masterpiece has re-instilled a hope within me that maybe I can really be what my talmidim think I am. I pour out my heart to the Aibishter that one day I'll be able to help you rather than enlisting your help. I wish there were words to convey the magnitude of my bracha to you, for your hatzlacha is the hatzlocha of Klal Yisrael."

A prestigious Mechanech wrote for help:

"Dear GYE, Sorry for anonymity but it would be a Chillul Hashem to show my real face. I am a prestigious mechanech and respected marriage counselor. I helped a lot of Bachurim and couples in their own sexual problems. But as chazal say "ain chovish matir atzmoh", I can't be in command of myself at all, I need access to the net for my profession, and being a computer guru, I have outsmarted the filters & locks. If you would know who the writer is you would weep for weeks. I can't tolerate it any longer. It seems to me that the only way is by including outside help. However SA meetings are out of question due to my caliber, and letting my wife in does also not come in consideration. Do you think I can be helped without blowing my secret?"

We answered him and he got involved in our network and forum. 4 months later he writes:

"R' Guard, you can not visualize the effect that GYE has had on my life. Since I joined the forum my life has simply changed for the better like a turtle slowly (actually rapidly) emerging from his shell. Starting to live a lively life, a life of control and reason. To understand myself, and the others around me. I opened my eyes, grasped my deterring situation, and made a swift U-turn. WOW!! One hundred twenty five days since I joined the forum. 125 days ago I was reborn. Right, I consider myself an infant of 4 months old. I watch my soul growing daily, as a kid would regularly appraise his height. My Davening has not been with such devotion for a very long time. The learning has become superior, since the tranquility of my conscious. My kith and kin have never been closer to me, than the last few months. And the list goes on and on. Thanks to you, my life is so much better. I can speak to my kids about Judaism without feeling like a hypocrite. I can sing zemiros at the Shabbos table without feeling guilt. I can shake the Rabbi's hand without saying to myself – "if he only knew". I can't express in words how much I owe you. "

Chanoch wrote:

"I was addicted for twelve years, always looking out and wondering who can help me. A few months ago I came across your site. When I started to see all this great information, I became glued for hours. I must say, that since then I have not fallen B"H. I now feel greater then ever. You are far more than an organization; to me you are like a Hashem's hospital."

An Anonymous Therapist wrote:

"I remember that when I was a child I had a very close relationship with Hashem. Then over the years, I only checked in once in a while. By my twenties I knew He was here, but I wasn't about to be another "blind believer"; I needed proof. So I told Him, "I'm not going to believe in ANYthing. If you're for real, show me." Looking back, I can see so many ways He showed me - but I missed them all. Then I became a lust freak. I ended up in jail as a result, multiple failed marriages, and alienated from my daughter. So I slowly started doing T'shuvah. But my lust addiction never gave me rest... I'd still have marathon sessions of self-destructive, lust related behaviors. Then, purely

by accident (read hashgacha pratis) I found this site. I just did 120 days clean B"H. But what's most important here, is that my skepticism was finally laid to rest through this clean streak. With the help of the guys here on the site and the very real experience of Hashem's hand holding me safe, I have the real, palpable, experience, in a most personal way, of His presence and reality. Not all the time, of course, but proof that I can no more deny than the fact that I'm typing this to you. I hit bottom from bottom, and I would probably be dead by now if it hadn't been for Guard Your Eyes. Thank you again and again."

Ahron wrote:

"Looking back to where I was 3 yrs ago, I can't believe what I've achieved in terms of my thoughts and where I used to go late at night on the internet. I am unrecognizable now, B"H, and can almost say I've conquered this problem. The fact I've come this far is complete testimony to what you have done for me alone - let alone the thousands of other people whom you have helped."

A Neuroscientist in Israel wrote:

I have benefited professionally and personally from your network, for over 17 months. Almost as soon as I started receiving the daily e-mails, I stopped looking at porn sites and the like.

"Ima Gibbora" wrote:

I want to thank you; this website is a lifesaver for my husband. And with the new support for spouses, I think it will be a life-saver for me also.

Dani wrote:

Hi and thanks a lot for everything you do for klal yisroel. You helped me understand what I'm up against, and as a result I joined a 12 step SA group. I cannot thank enough for the change you caused in my life. Have a gmar chasima tova and a year full of hatzlacha in your lofty work of avodas hashem.

Chesky wrote:

I am a yungerman, who after spending many years in kollel am today in the working world. I tried to the best of my ability to ensure that the transition to the work-world would not compromise the standard of Yiddishkiet I had lead when I was in kollel, and for a long time I was generally successful.

However the battle to preserve one's spiritual level in the working world is ongoing, and after a while my defenses began to wear down. This intensified when I discovered the Y"H of the internet. Without going into details, suffice it to say that this unleashed all the taavos which had been less prevalent or controlled while being in the Beis hamedrash.

All this changed when I had the Siyato dishmayo to find Guard Your Eyes, and today I wonder if I perhaps I have more of an opportunity to develop myself spiritually because of GYE than I had while I was learning in kollel.

I have no words with which to thank you, as the administrator and mentor of GYE.

Today, I and many others have acknowledged and recognized thanks to GYE, that maintaining our spirituality among the nisyoins of today's world is the most important thing in our lives.

With heartfelt appreciation, respect and admiration, may your efforts on behalf of Klal Yisroel be met with Siyato Dishmayo.

A Beis Yaakov girl wrote:

I'm a good Beis Yaakov girl on the outside, recovering addict on the inside. I would be neither of the two without the GuardYourEyes.org website, which has helped me become who I am. When I found GYE (through an ad on YeshivaWorld) I was so alone. I had friends and family, but I thought that I was the only frum person in the world who was addicted to the internet. I was ready to give up on frumkeit entirely, because that would be easier than giving up my videos and inappropriate activities. I had tried so hard, so many times, to right myself, but it was hopeless. Death would be better than to continue to live my double life. Forgetting that HKBH runs the world would have been better than living with the torture I put myself through every time I fell.

And then Hashem sent me GYE. All of a sudden I had a network of people who were just like me! People who were trying to be good and succeeding in every way except in this area. With a lot of time, work, and support, I B"H now feel like a healthy person. The depression that pulled me down has been lifted, and I can see an end. The support that GYE offers is unique in that there is nowhere for a frum addict to turn to. Only another addict can understand the anguish faced with every nisayon. The forum on GYE has given me and many others the encouragement, assistance, and sense of belonging that is necessary to help fill the void many addicts face. Thanks to GYE, I am healing and healthy, and I just got engaged last week to a promising Ben Torah!

Peter (Shabsi) writes:

I have been receiving your daily Chizuk emails for about 8 months now, I enjoy and look forward to reading them everyday. I am involved for the last year in SA groups. I am Jewish but not observant right now, I grew up very secular. That being said, I find the 12 steps with Torah commentary that you provide tremendously inspiring and helpful in my recovery. I tell all the frum Jews in my meetings about this site, I think it is absolutely amazing and contains the true spirit of recovery. I only wish sometimes my SA meetings had more of the spirit of this group. Your organization is doing very holy work. Keep up the inspiration and emunah! And with much much gratitude and appreciation for what you do.... Peter (Shabsi)

Yechiel:

When I got the courage to sign up on the forum I read the stories there, I have absolutely no words how much better my life is since then. It is like the difference between night and day, even stronger than that. I have now a beautiful relationship with my wife through following advice given here on the forum. I spend more quality time with my daughter. I am learning Torah again with joy. I feel I am on a good path to get a job that works for me. And I am now able to recognize my enemy, Lust, and to deal with it when it pops out its ugly head. So I thank YOU! ...

Josh:

Thanks to you, my life is so much better. I can speak to my kids about Judaism without feeling like a hypocrite. I can sing zemiros at the Shabbos table without feeling guilt. I can shake the Rabbi's hand without saying to myself – "if he only knew"... I can't express in words how much I owe you...

Michael:

Your network is like a rope being thrown to a drowning person...

Ahron:

I'm reading through the handbooks now. Overall, I have found GYE to be the best site by far for frum Jews (if it were a shul, it's the one I'd be a full member of where I'd daven regularly!) and the Handbooks are an incredible and ground breaking cornerstone in this struggle. In my opinion, the GYE Handbook is to frum lust addicts what the AA Big Book is the alcoholics". Keep it up! ...

David:

When I discovered GuardYourEyes, my life changed immensely. With the help of your anonymous forum, daily Chizuk e-mails, handbooks and, of course, G-d, I'm no longer ridden with guilt and, therefore, am in a much better position to work on being a good husband and father. Tremendous thanks from me and my family! ...

Shepsil:

Thank G-d, you had the bravery to confront the issues head-on, called things what they are, and created GYE and all the supporting networks. I applaud you. You are saving my life, along with all the others...

Yossi:

This incredibly important mitzva of shmiras habris requires all the publicity it can get. Unfortunately, due to the taboo nature of the subject, as well as the embarrassment in discussing such issues with friends or mentors is just not possible for some individuals. Your site has changed that. There is now a place for people to get help in this very difficult and important area. By promising anonymity for those who are undertaking work in this area, you have enabled them to reach unimaginable levels...

Moshe:

The reward you have waiting for you for all of the neshamos that you are saving is beyond comprehension. The moment I came across your site I was so strengthened that I've never gone back since. Tizku L'mitzvos!!!! ...

Chesky:

I've read your handbooks at least three times, they are great!. I think that the info on this site should be made available to all mechanchim because there is definitely a strong lack of awareness. I can talk from my own experience when I say that although I knew that internet addiction was a problem, I thought that it was relatively rare that it should exist in otherwise accomplished people who did well in learning and other areas of Avodas Hashem. This exacerbated my feelings of guilt, as I was never fully able to feel accomplished by anything that I did because I thought that I was living a big lie. When I read stories of Rabbeim and other Bnei Torah who are afflicted with addictions similar to mine, it truly helped me separate the addiction from myself. I can now try to view the addiction from the outside. Thank You! ...

Yisrael:

Since I joined this forum, my Olam HaZeh is 1000% more enjoyable as well! The fake, phony "pleasures" I used to indulge in and sin to attain, are nothing compared to the feelings of closeness I feel to Hashem when I daven, learn and watch my eyes....

Asher:

Over the years I have tried nearly every conceivable method of trying to break this habit on my own - that didn't work. So far, the thing that seems to be working best for me is just going on this site and browsing through the forums and latest posts. The posts are inspirational and infuse within me strength to be strong. There are other people who are going through / have gone through the same trials as us. IY'H we will both be successful....

Ariel:

Keep up the good work. Your project will one day be the backbone of Yiddishkeit. You are doing with the internet what R' Noach (of Aish) did with Kiruv. And that is not an exaggeration....

Nuchum:

I'm already 3 months clean. I have been looking all my life for something like this website, which my work-mate told me about. As soon as I saw this site I started my journey, and B"H haven't fallen and IY"H won't fall ever again. I would like to thank my work mate who is also finishing his 90 days now, for if not for him who introduced me to this site, who knows how much longer I would have continued? Just know that you saved my life, and that knowledge should give you the strength to continue for many more years....

Yankle:

I only started posting to the forum a little over a month ago, and I have been clean for this whole time. The impact you have had through this board and your chizuk emails cannot be calculated by any human. There are lives being saved here...

Reb Chaim:

I have to tell you that those handbooks are one of the greatest things that happened to Klal Yisroel since Matan Torah...

Avraham:

I'm going to say it the way it is. The daily chizuk emails are saving my neshama...

Dassi:

I've been an addict for close to 30 years! I've been working and battling this for at least 20 - alone. I've grown more in the past 2 weeks than I have in years. Sharing my thoughts and receiving feedback encourages further growth... The seeds have been sown a long time, but GYE will be the water after 30 years of drought. Now I know I'll succeed with Hashem's help!

Dov:

Before my recovery began almost 11 months ago, I was emotionally DEAD. Although I learned Torah, I did not relate to it, I did not really relate to anything. I felt disconnected from life and could mimic but not experience it the way others did. My recovery has been, at times, pure, unadulterated bliss! I can feel for the first time! I'm like a drunk with a bottle, except that this is a GOOD bottle, I cannot get enough of being emotionally ALIVE. It's a new toy for me, and one of my first goals is to connect for the first time to Torah and Hashem. This site is a great source of inspiration. Today, I find that my heart is filled with the desire to do the will of the Almighty...

Yosef:

With much siyata dishmaya and the chizuk I received from this site, I was zoche to have a higher level of shmiras einayim for the last few months that I haven't had since before I was a Bar Mitzvah! ...

Arnold:

You are literally saving so many Neshamos soiled in the immorality of the internet, more than other institutions, or kiruv organisations are accomplishing...

Berel:

It feels so good to be clean, now I can really focus on so many other things without the guilt or stress of having just fell. My learning since I've been clean has been one a whole new level. I'm being serious, the Gemara is much clearer and I'm able to retain much more information than I knew I could. Thanks Reb Guard and this whole beautiful family of Jews. Keep up the fight guys! We are bringing the Geulah...

Kollel Guy:

I came in here looking for help, half expecting either "Yeshivishe raid" which won't have the slightest effect on my life, or mystical hallucinations about how you need to balance all the energetic forces within you - using love for nature. Instead, what I found was a whole community of frum Jews JUST LIKE ME, who share the same difficulties and frustrations as I do, and who also seek to free themselves of the self-destructive habit they find themselves caught in, and who all help and support each other in truth, and with wisdom - usually from experience. It's an amazing thing, and I'm just beginning to realize how it's changing my life, in more than just one way.... Chaim

Shuki:

You have helped me so much by putting up a great site and making a wonderful network of people who are sincere in their desire to help and encourage. It has given me hope, courage, guidance and a sense of community. You have enabled me to refocus on yiddishkeit as a relationship with Hashem and not a set of rules. You have shown me that it is normal to have a yetzer hora and it is normal to have stumbled and fallen and it is normal and possible to get up from the fall. instead of hiding and covering up the facts of this problem, you have brought it out into the sunlight to be dealt with.

Moshe wrote:

*I am so impressed to see how user friendly and inviting your websites are. Just imagine in Shamayim what they must be saying. The ripple effect from all the drowning men you are saving will be felt for generations to come.
G-d should always bless you with much strength and good fortune.*

Paul:

One of the aspects I like about you guys is that nobody judges me for the Kippah I wear! We are here to fight the same hideous yetser. For some people it's easier to get it than others, but we are all exposed to it whether we live in meah shearim or somewhere else like me.

Yossileibes:

What an awesome powerful site this is! I've been receiving daily emails for quite awhile now and it is quintessential for both addicts and non addicts to read these emails. There is no human in this world who cannot better his shmiras enayim. In this technologically advanced world we must counteract these sexual tests with a movement such as GYE. I have donated my masser money to this site on numerous occasions, and I feel prouder then when I give to any other cause. All people that take part in this tremendous revolutionary war should know that you are elite soldiers and you belong in Hashems special forces!

Chaim writes:

*Today is day 28
I am working on the computer and channeling my urges into reading and posting.*

For this whole period of time I have kept clear of ANY purposeful looking at anything unseemly, and whenever confronted with a sight with sexual connotations for me (and I am overly sensitive to that) - I turn away my eyes and mind, trying to look at my Tzitzis.

I am thankful to HaShem for this site and the wonderful originators and maintainers.

I am thankful to HaShem for these weeks of cleanliness!

I am thankful to HaShem for finding sincere company on my journey on the forum.

I am thankful to HaShem for a calmer heart and mind.

I am thankful to HaShem for having more love in my heart for real people.

I pray for the "Guard your Eyes" Guys every day

Ploni writes:

Boruch Hashem, I'm up to 52 days. I enjoyed my son's recent Chumash play, and I'm grateful that I was able to Shep Nachas from the event, which would have been a non-starter had I been acting out recently.

Yossi wrote:

I can't tell you how much chizuk you give me and the will to continue, may hashem bless you and the rest of GYE with everything you need, your dedication is incredible, this is true how a true yid should be, I can't believe how another yid can show such dedication to another he does not know. I look forward to giving you nachas.

Shmuel wrote:

Yesterday was 12 weeks which brings me today to 85 days. I read the daily emails and hear and feel the emotion of the people posting here how thankful they are to R' Guard and this site for literally saving their lives. I feel the same way and if I would have time I would post a special thanks every day to R' Guard for saving me in a very hard time when I felt that there was no hope and every commitment I made was broken I just couldn't get my hands around this thing and I was sinking lower and lower and getting more and more depressed, I remember being ashamed of myself every erev shabbos and not being able to pick up my head to the rbsh"o.

But one day I came across this site (an ad on Yeshivah World) and everything changed. The daily emails are really a great chizuk, just keep up this holy work you are literally being machzir betshuvah hundreds of people daily, I REALLY HOPE THAT YOU ARE NOT UNDERESTIMATING THE SERVICE YOU ARE DOING WITH THIS. PLEASE PLEASE FORGE AHEAD DON'T GIVE UP, I am sure as in every organization there are hardships etc. but please accept my words of chizuk and take it at face value that you saved a yid from the edge of the abyss. Thanks for listening to me and letting me rant my emotions.

*Until next time, yours truly,
mgsbms*

J.K writes:

SINCE TODAY IS ROSH CHODESH AV

A TIME OF REFLECTION AND INTROSPECTION

TODAY IS THE YARTZEIT OF AHARON HAKOHEN

OUR AHARON HAKOHEN IS THE HEILIGER GUARD

PLEASE JOIN ME IN HAKARAS HATOV TO OUR HEILIGER GUARD

THANK YOU FOR SAVING MY LIFE!!!

Determined Writes:

I've lurked on these forums for quite a while but this is my first post. I can think of no better time to start then to thank R' Guard. I don't think he has an idea how much he is accomplishing (most of it unseen) and there is no doubt in my mind that were he to walk into a room full of Gedolei Yisroel they would all stand up for him Malei Komatom. All the brachos in the world to him and the rest of the oilom here.

Battleworn writes:

Zikui Harabim is the greatest thing that exists. If we try to spell out how great it is we'll never finish. It's also a tremendous tikun for the past.

BUT RABEINU GUARD IS NOT "JUST" DOING MAJOR MAJOR ZIKUI HARABIM. HE'S BEING MEZAKEH ALL OF US WITH ZIKUI HARABIM! THIS IS ZIKUI HARABIM SQUARED!!!

Efshar Litaken writes:

Reb Guard, You Put "Simche Pnimious" In My Life! Thank You!

Kedusha writes:

Thank you so very much, R. Guard, for giving me accountability, and the motivation to stay clean, one day at a time!

Chazak writes:

I cannot even try to count the ways that you R"G have helped me. Every Chizzuk message, the whole site with all it's parts and subparts, links, booklets etc., just to see your mesiras nefesh is inspiring. It would take the whole night listing and describing how you have helped and will continue to do so, with just what you have done so far, just so far. I don't know how to put this as eloquently as other members have done, but thank you and ye'ya'sher ko'cha'cho! My successes are yours.

Momo writes:

Guard, You have changed my life, and the lives of so many others. I thank HaShem every day that you exist and do the work you do, and that I've had the zcus to be one of your students.

Dov writes:

Thank-you, Hashem, for bringing GYE to us and helping us find this wonderful chevra of the most fortunate and grateful of your children!!

"Kanesh" just wrote:

I've recently discovered your site; I think it's absolutely wonderful. I'm trying to figure out where to start - but I am on the road and **I didn't know this help was available**. If I could give you \$10,000 I would. You are saving "Klal Yisrael and Reb Yisrael" everyday.

Uri wrote on Motzai Tisha Be'av:

Chevra, as I approach the end of day 14 ly'h, I look back at the last 2 weeks and smile. Ok, now I am crying (slightly embarrassing, as my little sister is standing near me watching me). I am starting to breathe fresh air again. My emotions aren't all soiled. I'm starting to feel truly relaxed and content for the first time in what seems like forever. I know it sounds like I'm overdoing it, but I'm starting to feel the disease loosening its hold on me, I feel very free. I am now starting to imagine a life with no pressure for lust, a life in "the here and now", not in fantasy; a life without constant fear, a life without constant shame. I'm like a blind person who can't see fully yet, but is introduced to the idea of sight for the first time. In only 2 weeks! Imagine 90 days! Imagine a year! Thank you Hashem for giving me the opportunity I never thought I would have, and for making it so much more geshmak than I dreamt it would be. May You give me the strength to not just hold back from having a peek, but to have the full thing - the gift called LIFE. Tisha be'av was a time of reflection for me. The past 2 weeks of sobriety feel like the first 2 weeks of my life. With a heart overflowing with love. -Uri

"Ezra" wrote:

I was bored and stupid at work and went to inappropriate sites and recently I ALMOST got busted. I decided then and there I had enough. If I had gotten fired for that, my career would have been totally messed up and who knows what would have happened to my marriage. I was also having difficulty doing my work which I attribute to difficulties associated with this problem. So there you have it. I was looking for help, found the GYE website, signed up for e-mails, put on the k-9 filter and have been "clean" ever since (38 days today). Not saying I don't have the desire, but I haven't gone back there again.

"Kutan" Wrote:

People who have special neshamos CONNECT to GYE, almost like a magnet. It's like a breath of fresh air, of reality, of purpose. When I first found GYE, for 2 months I could not stop smiling around the house. My wife was concerned I was on drugs or seeing a psychiatrist and not telling her. Really. It's just the total ahavas yisroel and idealism here, and to boot, a solution to my nagging clinging Yetzer hara who I've never been able to shake off for too long. WOW was I on a high.

Mazal Tov Miri on Reaching 90 Days!
Miri posted on the forum her story and testimonial:

WOW!!! I really appreciate everyone's congratulations on my reaching 90 clean days. It has been *some* journey. I started on [this forum](#) a little over 5 months ago and I have been working on abstinence ever since. I must say that firstly, this forum and this website were already a huge stepping stone for me. The inspiration that I was reading on the website, and knowing that I am not alone in this struggle has made a huge difference. I have found out that so many others like me want to be free of this Yetzer Harah, and they were successfully staying clean. I was able to share here and get guidance. I am forever grateful.

As long as I was drowning myself with my substance of choice (be it "food" or "lust"), my eyes were clouded. They could not see the blessings being showered on me on a daily basis. But it is different now. I can see blessings so much more. I can see Hashem's hand in my life all the time. And I know it is because I am no longer fogged up with my addictions.

When I first stumbled on the GuardYourEyes website, I was really hating myself and where my addiction was leading me to. I was very aware that I was addicted to lust, and it was even more plain to me at that time because I was already abstaining from sugar, wheat, flour and volume. I was working the 12-steps, but this addiction to lust was bothering me very much. It was another "escape method" for me.

I was not in a good place. I had no job, I had too much time on my hands to think and feel. And like most addicts, I do not like to feel, and since I was not able to bury my feelings with the food, I buried them with lust. I would sit for hours and hours wasting my time on the computer watching movies. At first it was family movies, "innocent" time wasters, and then it moved to more "adult" material, and then on to the absolutely worst filth. I will not get into too much detail because most of you know how it feels like being in the disease and in the clutches of the Yetzer Harah... In short, my mind was constantly on what I had watched and how I can get to see more. It was starting to feel like I am back in the food, just this time with lust! It was horrible.

And that is when I found this wonderful website, and since then I have been pulled from the mud and am a "free bird", so to speak. The best part of it all, is that I can live with myself without the horrible guilty feelings that always plagued me because I was not "there" for my family, or because I felt like an empty shell, and because I was not accomplishing what I could accomplish.

Isolation is something like poison for me, because I do all my addictions in secret, away from others. I learned that when I **share** with others like me, it is one of the best tools to keep my disease at bay.

I have heard from others in this program, that they never thought they would be grateful that they are addicts, but now they are grateful. I am also grateful that I am an addict (it is not easy for me to say this, because being in recovery is work!) but I know that for the *tikkun* of my *neshama* and to be closer to Hashem, I needed to be an addict and learn the "medicine" for it, in order to become a better person and get closer to Hashem.

So many wonderful things have happened to me since I started with GuardYourEyes. As you know, I am working the 12-Steps since I started at OA almost two years ago, but I seem to have profoundly changed since I started my lust abstinence, and I am sure that it is no coincidence. I feel like Hashem has put me in a different "container" or "category" so to speak, by showering my life with blessings. I love this program, and I hope and pray that I will be *zoche* to be abstinent - one day at a time - for the rest of my life.

Yakov wrote:

Dear Rabbi Guard,

I would just like to tell you that you have changed my life for the good.

You have taught me how to deal with lust.

You taught me *not* to deal with it.

This has changed me as a person.

It has improved my marriage.

It has made me a mentch.

I am very much makir tov to you.

Here's a letter posted on the forum:

To my dear and holy brothers and sisters,

Today on Tu Be'Av, I am celebrating six month of sobriety. It's the first time since the start of my journey that I am allowing myself to celebrate sobriety. I will explain to you why.

For 15 years, I actively tried to stop myself from this addiction. I went through constant ups and downs. When I was down, I was really down. My addiction saw no boundaries. Even the fear of getting caught and losing my job never held me back. I visited some of the darkest places on this earth. I saw gehinnom with my own eyes. My self esteem dropped to the bottom.

The following letter (written in summer 2007) portrays my emotions at one of my moments of misery:

"Internally, I am a broken man. I am under constant Depression. I am really a failure to society. I fool the world. I represent spirituality to many people, but inside I am of the most corrupt of beings that walk this earth. I am shining on the outside and dirty on the inside. I am confused about my own self. I sometimes wonder if I have demons inside of me. I feel like Jekyll and Hyde. I am two people in one... I am a hidden man to my family. I am living a lie to my wife. I feel horrible with myself. I fill my wonderful head with junk. I am crying inside. I have contaminated the vessels that hold my spirituality. Every year I hope for a Yom Kippur where I will do a true vidui to Hashem for my PAST aveiros. But comes Yom Kippur, I am still holding on to them..."

And when I was up, I was way up. But I usually could not maintain my "up" for longer than a few weeks.

However, last year (2008), for the first time in my life I was finally able to resist the temptations and break free. I learned a few very important lessons. I realized how much I hate this addiction and stopped my activity immediately. The temptations melted away. I was amazed at my progress. I thought a new era in my life has finally arrived.

But six months later, on Oct 28, 2008, I fell again. I was in disbelief at the time. I was devastated. I lost six months in one minute. For the next three months, I wallowed in misery as I continued in my addiction, digging myself deeper and deeper in. I became numb to life and to spirituality. I continued my life externally as usual. I tried to keep my spirits high; as I convinced myself that I would pull out. But it continued. I began to finally admit that I am addicted and powerless. But at

the same time, I began to fear that there is no hope for me. If after six months I could not maintain myself, then I must have some internal incurable disease. I thought the only way would be with professional help. The future looked bleak...

...Then came GuardYourEyes. At the beginning of February, I discovered GYE and I renewed my commitment to recovery. **My life instantly changed.** I realized there *is* hope. The social network of like-minded people with similar struggles brought me instant relief. I declared a **new battle** on my Yetzer Hara. I realized how small he really was all those years. And so, after 15+ years of battle, I started what I labeled the "final battle that will lead to victory". I was initially inspired by Rav Noach Weinberg's levaya, as I cried there throughout all of the hespedim.

But I could not allow myself too much joy until I brought myself back to where I was. I could not see any form of victory until I arrived at six months. And here I am, six months later. This is officially my longest streak from the day I was introduced to this filth, some 15+ years ago. Should I not celebrate?

I want to end by thanking the entire GYE family. Each one of you is special. I am amazed with the commitment that each of you fights with. No matter how many times you fall, you get back up. I try to read most of the posts, although I often do not have time to write back. I get tremendous chizuk from reading about your struggles and how you prevail.

With Love, Tears, a Broken Heart, and a Humble Spirit,
Yaakov

"Efshar Letaken" wrote:

90 Days, 90 Days,
What can I say, for Hashem I'm full of Praise.

I thank Hashem for the depth of my Heart,
He was there for me from the Start.

My story is just another of the Same,
I just had enough of the Yetser Hora's Game.

Fighting & Falling for so many Years,
My eyes were already, dry from Tears.

Finally one day my prayers Hashem did Hear,
And I finally found GYE to help me, myself to Repair.

From Reb Guard & his Hand Books & all the Others,
Over here at GYE we are all like Sisters & Brothers.

I thank Hashem, for sending me this Way,
And getting out of the Y"H's Prey.

No! It wasn't easy, I have to Admit,
But I don't miss my old life, not a Bit.

It is very rewarding as all of you Know,
And those who don't yet, time will Show.

If we keep on fighting & never let Go,
We will give the Y"H a blow after Blow.

Eventually he will have to confess,
That with GYE members, he cannot Mess.

He doesn't care much about the Sin,
What he wants is for us to **Give Up**, so that he can Win.

So the message the Y"H is loud & Clear,
Get lost once & forever, for from you we do not Fear.

Yes you might be stronger than us Flesh & Blood we Are,
But we "Let Go & Let G-D" & he's stronger than you by Far.

The fight is never over; we will fight till the End,
We will get even with you, when Hashem, Moshiach will very soon send.

So for those Yidden that GYE haven't found Yet,
We have to ask Hashem why we haven't Met.

So many Yidden with P**n are Addicted,
They need us to help them get Evicted.

They need us to help them find Guard Your Eyes,
So that the Y"H they too will Despise.

If we want to greet Moshiach with our heads held High,
Then let's put in the extra effort and tell the Y"H GOOD BYE!

So I ask everyone to help in every Way,
For this is the last battle, before Hashem does Say.

My Holy Children The Time Has Come!
With Klal Yisroel Once Again, I Will Be One.

Thank You My Holy Brothers & Sisters
The Fight Goes On
Yes! Efshar Letaken

"CHASDEI" wrote:

With GYE and everyone here help, I have been be'ezras Hashem free and pretty clean since rosh chodesh Elul last year, from magazines, tv, movies, and internet (the bad sites) bli ayin Harra. I never ever thought it would be possible. I heard a tape from Rav Veiner last night, in which he spoke the entire shiur about the tens of bachurim and shul members who cry to him about these problems. The main chizuk that I got – and which we all get - from this website, is that not only are we not alone in the struggle, but we are the few who are doing something about it. He said it's a rampant problem, and that "in any house with unfiltered internet, there is a greater than 90% chance that someone in the house..."

He brought chazals that there is no greater struggle in the world than this one. So keep up your great work, and get ready for a whole new world!

"Ezra" posted a few weeks ago on the forum:

I am in my 30's, have 5 kids have been married about ten years. I have had this "struggle" for about 13 years. I got involved in online porn when I was in college. I started with small things that eventually led to watching things I never imagined I would look at. I couldn't stop and didn't want to. I thought marriage would help, but it didn't. I never really gave it a great effort to stop until now. I also learn daily and feel that I have a great marriage. My wife actually caught me twice, but being that I have developed a real provenience at hiding, I was able to talk my way out of it and make sure it doesn't happen again. The real kicker was last year. I was bored and stupid at work and went to inappropriate sites and ALMOST got busted. I decided then and there that I had enough. If I had gotten fired for that, my career would have been totally messed up and who knows what would have happened to my marriage. I was also having difficulty doing my work, which I attribute to difficulties associated with this problem.

So there you have it. I was looking for help, found the GYE website, signed up, put on the k-9 filter and have been "clean" ever since (38 days today). Not saying I don't have the desire, but I haven't gone back there again.

Ezra posted again this past Friday:

I humbly write this next post as I am enjoying my accomplishment of hitting day 60 yesterday. I went to the mikvah earlier today (erev shabbos) and truly feel pure and holy.

My sense of appreciation to the GYE staff and those that have supported me cannot be expressed enough. Over the last couple of days I have been reading the stories section of both men and their wives. The story of the man that got busted talking to minors blew me away. Who knows where my own internet problem could have taken me? I never got involved outside of the web and certainly not with minors, but I never imagined I would do some of the stuff online that I did. (I write this with tears in my eyes). I have been tearing up a lot today thinking about this issue.

You GYE people truly saved me. I have a beautiful marriage and children and Hashem gives me so much, I could have lost it all (*no one* thinks they will ever get caught). That scares the heck out of me, and truly motivates me to remain strong. Thank g-d I never hit bottom that way, but I think you have all provided me the ability to **"hit bottom while still on top"**. I am at day 60!! And feeling great. I did the math, that is over 80 hours of my life that I would have wasted (in many ways- hamevin yavin). THANK YOU!! THANK YOU!!!

For those like myself who continue to struggle. Here are the three things I can point to that have kept me strong:

1. Thinking about the above i.e. all that I can lose - marriage, parnasah, my children, oy vey - is it worth it?!!!
2. Thinking about how I feel afterwards.
3. The filters I have installed (even though I know how to get around them - they are still an additional step).
4. Having my name on the chart and knowing that I would have to start on day one again. I encourage everyone to sign up for the chart, it is really helpful. It has stopped me multiple times; I didn't want to have to publically admit failure and to start over myself.

Thanks again everyone, I am truly crying tears of joy and appreciation today. I feel great and overwhelmed with joy.

THANK YOU

Shlomo wrote:

B"H last week the 8th of August I reached 6 month clean. I didn't write you until now because I wanted to write a bit about my experience of my journey before and during my recovery. I hope to have part of it done by today or tomorrow. Thanks for everything. There is no doubt that with out me discovering your website and your daily emails and advices and inspirational stories I would never have been able to reach this mile stone in my life. And I'm glad to say that I am 6 month in recovery not just absent from acting out again thanks to you.

"Eye.nonymous" posted today:

I tend to be more logical than emotional, litvish rather than chasidish (no offense, Bardichev). I'm usually very skeptical about these messages like "WOW, I've been clean now for a whole week and now I feel like a different person! I've got so much kavannah in davening, and so much simcha all the time!"

But since I've been clean after coming to this site, I am starting to sense this subtle undercurrent of simcha, which I have never felt before. And, I think it is a simcha that can spill into all aspects of life. I feel a bit different towards my children, towards my wife, and even towards davening. No doubt, it is due to my efforts in trying to break free of lust.

Throughout these weeks I have been telling myself over and over again, "Watch out now! Be careful not to lust! Don't lust!"

I was surprised that, even with my wife, the same message popped into my head, "don't lust!" I realize now much more than ever before, I was thinking of marital relations as the kosher outlet for lust. But now, I sense that it is really supposed to be something entirely different.

"Will" posted:

The more I read through the posts here on GYE, the smaller I feel. Everybody here has an incredible drive for truth, and an unbelievable will. I came here a few days ago thinking I knew a bit about a few things, and now I shamefully hang my head realizing that I know nothing about everything. Everybody here has given me tremendous chizuk, whether they realize it or not...and it is that chizuk that forces me to stare my biggest problem in the eye. Baruch Hashem, not acting out is an easier battle for me now...and it was perhaps the victory of that skirmish (breaking the cycle) that made me think I was almost done...but I have conveniently neglected the root of it all: Shmiras Einayim. It is extremely hard for me to keep my eyes to myself. Unbelievably hard. But now in Elul, I cannot ask Hashem for forgiveness of my past if I have not done my part. For the next 90 days, I will give Shmiras Einayim my every effort. And I don't care how hard it is. So here I am, trembling as I think about the challenge of the coming months...But I do know one thing...Yetzer Hara? You goin down!

"J.S" posted:

Dear Reb Guard, I just wanted to let you know that your site has given me lots of chizuk.. Your daily chizuk emails have helped me an enormous amount. I am struggling, and not one to share these types of struggles with anyone, but I just needed to give you my thanks and appreciation for your enormous work for the Klal (more specifically, the enormous work for each individual) and specifically for myself. Thanks also to the so many individuals who have shared their struggles in the emails that you send out and on the website. It's an enormous struggle, but if I ever get control of it and conquer it, much credit will be to your regular chizuk emails, your website, and words of chizuk. Thank you so much.

Boruch (a Talmid Chacham) recently wrote:

I was addicted to sexual thoughts, fantasy, pornography and masturbation. Ellul after Ellul I would every year launch a full scale attack on my addiction and year after year sooner or later I fell and failed.

There were times I stopped in Ellul and did not even make it through Ellul. I would stop again for Rosh Hashana and sometimes not make it through aseres yemei teshuva to Yom Kippur. I would stop on Yom Kippur and not make it through Succos. Sometimes I did not even start getting stopped until Rosh Hashana came around. Sometimes I held out from sometime in Ellul for a month or even a little more. But one way or another, come Rosh Chodesh Cheshvan, I was back again to my addiction as if Ellul had never come.

I had tried mussar seforim; Shaarei Teshuva, Chovos Halevovos, Maalos Hamiddos, Orchos Tzaddikim, Sefer Charedim, Mesilas Yeshorim, Yesod Veshoresh Ho'avoda, Nefesh HaChaim, Cheshbon Hanefesh and Sifrei Maharal. I learned these seforim with absolute desperation and determination and tried to implement them and follow their instructions, but I always failed to get anything that would last beyond Rosh Chodesh Cheshvan. I listened to Rav Avigdor Miller's tapes and learned his seforim. I had a Rebbe who gave excellent mussar and I almost never missed any of his Shiurim. I cried out to Hashem every Rosh Hashana and Yom Kippur and I was absolutely determined to make that year the last of my addiction, but all to no apparent avail.

Then on January 20th of this year I posted my Teshuva here on GYE. About 10 days later I joined an SA group (at Guard's urging). Bechasdei Hashem, I have been sexually sober since then (7.5 months), one day at a time.

Habib wrote:

What's keeping me strong now is thinking back to the last time i fell when i was so incredibly depressed afterward that i just wanted to die. and i haven't wanted to die since then. that's amazing!

Last rosh hashana, i davened that Hashem should let me die. literally. i was saying zochreinu lechaim and crying 'no, please don't, because i can't live with this anymore.'

I wanted to serve Hashem, it just used to be too painful to wake up every morning. More than anything else, i don't want to be in that place again. i guess zachreinu lechaim meant "help us find GYE" to Hashem! "Modeh ani" and "shelo asani aved" have new meaning for me!

An Amazing Story

I had tears in my eyes when I first read this. Let me first introduce the background. A girl joined us a few months ago on the women's forum (she called herself "letakein"). She was doing very well, and then she started dating a good boy from Lakewood. As the dating got more serious, she asked my opinion about if she needs to bring up her past issues with the boy. I felt unqualified to answer her on my own and forwarded her question to Rabbi Twerski, with whom I'm in touch with on almost a weekly basis.

You can see the question I wrote, along with her letter to me, along with Rabbi Twerski's reply on this page:

<http://www.guardureyes.com/GUE/RTwerski/Dating.asp>

Rabbi Twerski felt that she should bring it up, and that there shouldn't be any secrets between them. She was very scared, but she accepted his answer. Now, here's her letter to me today:

----- Forwarded message -----

From: **letakaingirl** <letakain@gmail.com>

Date: Thu, Sep 3, 2009 at 4:02 PM

Subject: i told him!

To: Guard Eyes <eyes.guard@gmail.com>

HODU LA' HASHEM KI TOV!

Wow! i can not even believe that last night happened!

From the beginning: he picked me up at 6:45. we went to clove lake park- it was gorgeous. i felt like cinderella- willow trees and little bridges over lakes. We were having a great time and then he started discussing tachlis. deep and heavy hashkafa and life views. Everything was fine in that area. we sat down on a bench near the lake under the moonlight and with a black old fashioned lamp next to us. All of a sudden, HE starts discussing the internet and how bad it is. i knew that he didn't have any issues with it cuz he told me last time that he gave chizuk to another bochur about it and he felt so bad for him.

so i started thinking that i really trust him and that i'm never gonna have a better opportunity to bring it up. It was the right atmosphere, we were already discussing it, and i don't know- Hashem just gave me this feeling like it was a good time. so i took a deep breath, thought of all you GYEers and you and Habib davening for me and i said:

Me: so now i have something i want to discuss with you (he'd been bringing up the topics)

He: (smiles) yeah?

Me: ok, before i tell you i need you to promise me that you won't tell anyone, no matter what happens between us, ok?

He: ok (listening seriously)

Me: i'm really nervous to tell you this. i had very big problems with the internet. i read things that i shouldn't have and watched things that were definitely inappropriate for me.

He: at home?

Me: yeah... not only... i don't want to go into details about it. Boruch Hashem, i got in touch with a big gadol (that's you Guard- this is not the time for anivus) who really helped me out. This is a part of my past that i am not proud of and it was the darkest part of my life. This gadol helped me get over it and even set me up with another frum girl who's also dealing with this issue and we speak every day as sort of accountability partners. we tell each other what's going on, give each other chizuk, and make sure that we don't slip up or act out. Baruch hashem, it's a part of the past and funnily enough, this whole nisayon made me closer to Hashem. i davened so hard to get out of the situation and Hashem sent me help. I never told anyone this and i'm shaking that i'm telling you now.

He: you never told your parents?

Me: no way! They have no clue. but i trust you. i wanted to tell you and i didn't want to have any secrets between us.

He: you know, this is just like i was telling you the other night about that boy. doing a bad thing doesn't make you a bad person. even if you lose a battle, it's ok! we're fighting to win the war and we're up against such a powerful enemy. it's like a regular strong person fighting a world champion boxer! You should know that boys have this much harder.

Me: yeah, so i've heard

He: i'm happy that you told me and you shouldn't think for even one second that i think less of you for it. just the opposite! i'm really happy that you told me. Don't worry about it at all! ok? you are not lowered in my eyes even a drop! ok?

Me: i can't believe this. Thank you so much for being so understanding! it means so much to me! I'm smiling from ear to ear. (and i was also on the verge of tears of happiness!)

the rest of the night is a happy blur...

Thank you Hashem! i felt you holding my hand the entire time and sitting next to me and hugging me tight like a little child in her parent's arms!

Reb Guard, how can i ever thank you enough? no words can suffice to express my heartfelt gratitude. I'm crying with thanks and my heart is bursting with joy as the tears run down my cheeks. The sechar that you will get for this is not describable in mere human terms. I owe you my life, my happiness, and my relationship with this boy and Hashem!

May we share simchos together very soon!

Thank you!

Your humble student,

Letakain 21

Below is a letter that someone on our forum sent out to all the Rabbanim in Baltimore:

Dear Rabbi _____, Shlita,

As you are certainly aware, addiction to Internet pornography is a very serious problem in the Orthodox world today. It affects all spectrums of Orthodoxy, from Modern Orthodox to Chassidish. It is unknown how many Orthodox Jews (men especially) feel that they are leading double lives, and are crying out for help, with nowhere to turn. Imagine the pain of a father attending his child's Siddur party or Chumash Siyum. It should be a moment of great Nachas. Instead, the father is ridden with guilt because of where he was on the Internet the previous night. And the night before.

I was in this unfortunate position until recently. Then I discovered a remarkable website that has numerous resources to give Chizuk to those struggling in this area - www.guardyoureyes.org. This site is a life preserver for those who are drowning in a sea of Tumah (I know this from personal experience - it has kept me clean, and gives me the opportunity to both receive encouragement and to encourage others).

Please inform your members of the Guard Your Eyes website, and encourage them to make use of it.

Thank you very much. Kesiva v'Chasima Tova.

Sincerely,

Jack wrote me an e-mail:

Dear guardureyes, yesterday was my one-year anniversary on GYE. What is a birthday for if not for reflecting on the past year? Have we grown? Are we the same as we were last year? Well, for 38 years straight, I was the same every year, YEAR IN AND YEAR OUT. On Yom Kippur, the bracha says, '*umavir ashmosainu bichol shana v'shana*'- which means G-d wipes out our sins every year. Well, until I found GYE, I was asking every year for Him to wipe out my sins. This year, for the first time in my life, I DO NOT HAVE TO ASK HIM TO WIPE OUT THIS SIN, BECAUSE I DIDN'T GO TO THAT PLACE EVEN ONCE. Of course, I still need help on my OTHER sins, which are many. But, at least, on this one particular sin, He can rest this year :-). So, thank you, thank you, and thank you again for doing this tremendous, tremendous *tova* for the Jewish world. May Hashem grant you and your family and friends and all who are dependent on you, much bracha and continued hatzlacha with your holy, holy work.

"Bardichev" wrote:

HEILIGEH GUARD

I OWE YOU MY LIFE

YOU OPENED THE DOOR TO THE JAIL

YOU SCREAMED RUN!!! RUN!!!

SAVE YOUR LIFE

I SAID I AM TOO WEAK TO RUN

YOU SAID I WILL PUSH YOU A LITTLE BIT

I WILL SHOW YOU THAT YOUR LEGS CAN LIFT YOU AND YOU CAN RUN

BUT AS MUCH AS I HATE THIS JAIL I AM AFRAID TO LEAVE

IT IS HORRIBLE HERE

BUT I AM COMFORTABLE

YOU OPENED A LITTLE DOOR

YOU SAID YOU SEE ALL THOSE PEOPLE

YESS..

THEY WERE ALL HERE ONCE

THEY ALL ESCAPED

WOW.

DO THEY EVER TRY TO COME BACK??

HEY YOU SMART ALLECK

RUN AND WE WILL DISCUSS IT LATER
RUN QUICK BEFORE THE BOOGIE MAN CATCHES YOU AGAIN
PHHEWWWWW I RAN AND RAN
AFTER RUNNING FOR A WHILE
I REALIZED HEY YOU SELFISH JERK
YOU LEFT YOUR WHOLE FAMILY BACK IN THAT JAIL
UH OH!!!
I BETTER GO WARN THEM
TELL THEM HOW BEAUTIFUL THE WORLD LOOKS ON THE OUTSIDE
THE SUNSHINE THE FLOWERS THE PEOPLE ARE REAL PEOPLE
NO THEY ARE NOT JUST MEGAPIXELS
SO I RAN TO THE JAIL MANY MANY TIMES
TO SAVE MANY MANY PEOPLE
I OWE MY LIFE TO THE GUARD
THANK YOU!!
YOU HUMBLE CHAVER
bardichev

Chaim wrote:

I blew shofar this year for the local nursing homes. I had taken myself out in recent years as a mumar ledavar echad. But thanks to GYE, i'm back. I and a bunch of older folks in NYC thank you guard, for that, too...

"ClearEyes" wrote on Erev Rosh Hashana:

"U'kisov l'chaim tovim" - Last year Hashem answered my prayers!!

Every Yomim Noraim I would ask Hashem for life and the good things that come with it. And of course I tell Hashem and myself how bad I feel and how this year I will be clean.

This was not working so well for me, and after doing it for so many years I was getting sick of it.

Last year I prayed differently. I was sick of my yo-yo live. Up down, up down, up down. Day after day, week after week, and year after year. And before long, decade after decade. I knew no matter how hard I davened, no matter how much I cried, no matter how honestly I felt that I would not go back, like every year before it would not last.

So I cried and cried some more. 'U'kisov l'chaim' - I was not suicidal, but thought about my request for life. True on these days my life for the year was being sealed, but was I actually worried I may die? Not really. I've been sinning pretty badly my entire life and yet I'm still granted life each year. Ok, so I won't beg for life this year. It's not like I'm doing such a great job utilizing it.

'lechayim Tovim' - Good?! What's this?! hmmm to be written down for a good life this year. There was only one thing I could think of that would make this year a good year. And it wasn't winning the lotto. It was to break free of my life long addiction, to put an end to this yearly predictable ritual during the high holy days.

So I begged and I begged.

Hashem, I don't need life, what for? I am screwing it up anyways. You want to keep me around another year, fine, but on one condition, You give me a good year. Hashem, I am sick and tired of these bad years. I can't live through them anymore. I can't. Hashem, I want; no...I need a good life. I need one. Living with this addiction is not life! Please, please, please, I am begging You, write me down for a good life!!!!

Ten months later. Months of struggling. Months of ups and downs (with a lot of downs). Hashem answered my prayers. I certainly forgot what I asked for, but Hashem did not. He answered me. He sent to me His loyal servant Reb' Guard along with his holy army GYE.

Thank you Hashem!!!! Thank you for the gift of life!!!! Thank you for making it a Good life!!!!
Thank you for 60 clean days!!!! Thank you!!!!

"U'kisov l'chaim tovim, KOL BNEI BRIOSECHA". Hashem, last year I prayed for a good year, and You answered. This year please answer others like you answered me. For all of your fighters of your bris, please write them for a good year!!!

R.J wrote in today:

A few months ago when I was reading the testimonials, I cried, because I was 100% sure that I would never be able to write one of those, and that I was be living in the grasps of giluy arayot and the yezter hara for the rest of my life!!!!. But with much hakarat hatov to GYE and to the sponsor that you set me up with, I have been able to stay away from the dark side for already a few weeks, and I am now starting to feel a calmness come over me as I do my best to pull free from the grips of sin. This is the furthest I have come in over a year. When I feel weak, I pick up the phone and hear from someone who has "been there, done that", and he pulls me from the false reality of pleasure and sin and into the true reality of real life. This Yom Kippur I feel I can stand before Hashem and ask for his rachamim based on how far I have come, thanks to Reb Guard and my new holy "friend".

"ILoveHashem" (A Bochor) wrote today:

I am holding by 22 days clean. Hashem just sent me a really hard test now, but I read what you just sent me (at least five times!), and now I'm feeling better. Thanks. My Rosh Yeshiva said today in the name of R' Yerucham, that we small people reach Yom Kippur with lorries full with sin, and we really need many days Yom Kippur for all that. So he suggests that a person take one sin that he's really struggling with, and at the end of Yom Kippur when we are on the highest level of purity, we should imagine as if we are at the height of passion to sin and instead we say "no",

for Hashem's sake we are going to overcome it. That is the best teshuva, and Hashem will automatically forgive us for all our sins. I could imagine how that felt right now, when I was tested. Hopefully I will reach ninety days. This site has really helped me, including the daily emails. I have no words to describe how they are helping me little by little. Every day I eagerly await to receive these emails.

"Struggle" writes:

When I found GYE a few months ago, I was in a bad place, and I was falling down a spiral staircase, banging my head along the way.

I reached out to grab a hold of anything that would keep me from falling off the edge of the bottom stair. I could see it coming and it was scary...

I looked for something, I don't even remember what I was searching for, and I found GYE!! What a HUG from Hashem!

"Trying" Responds:

Along the same lines; a few months ago I was in Israel for a bit and felt wonderful. I hadn't been there for 4 years. When I visited the Kotel the last time, I couldn't stop crying. I didn't want to leave. I asked Hashem how he can let me back to this place of Tumah? I couldn't imagine sinning, yet I knew I would. I knew this inspiration will evaporate and as soon as I'm back on my computer, everything will fly out the window. I was hugging the wall with all my strength, trying not to let go... wanting to stay there my whole life... But alas, it was parting time. I sobbed and told Hashem that he knows the truth. There is no way I can withstand the temptations. He will have to help me, from somewhere... somehow... and then, as soon as I came back, I FOUND GYE!

"ClearEyes613" writes:

I carry GYE around with me, literally in my pocket. This, for me, has been instrumental in fighting my addiction.

"Shvisi Hashem l'negdi tamid" - the principal idea is the first thing brought down in the shulchan aruch for a reason. When I acted out I would consciously or subconsciously push, hide, or ignore Hashem. How else can we view those images on the screen for hours on end? Today, I may not be at the level of "shevisi Hashem" but I can tell you that **"shevisi GYE l'negdi tamid"** has been a lifesaver.

"Rage at the Machine" writes:

I am a few hours away from completing an entire niddah cycle clean... I have not done that once before (in 8 years of marriage)... I know that at (not even) 30 days clean I am still a nobody but I think I may have at least let go of the "sheretz" and I am ready for the mikva... THANK YOU GYE, THANK YOU GUARD, AND THANK YOU EVERYONE ON THIS FORUM.... I don't know what

Hashem has in store for me this Yom Kippur, but for the good people at GYE I'm sure it's going to be all sweetness...

"On the Road" writes:

*I have been spending a lot of time on the site and felt maybe I was neglecting some things that I need to do for parnasa. But in truth, were I not spending the time here, I'd be spending double the amount of time on p**n. I feel so remorseful for the times I told my good and honest wife that I was 'stuck at work' 'in the middle of something' 'coming soon', when I was really feeding my own selfishness.*

If I were 21 again, I would have hoped to join a forum like GYE and save myself many years of pain and heartache.

J.K Wrote:

Keep the chizuk coming! It is literally lifesaving medication for some (including this humble writer!)

Bl'n I pledge \$180 in 2 payments via money orders.

*All the love in the world together with my deepest prayers for you and yours!
You are inscribed in the Book of Life because you are the Book of Life itself!!!!*

Habib613 wrote today:

Thank you for everything!! There are simply no words. I wish there were, then I could say them. So for now, thank you is going to have to be enough.

"Me3" wrote today:

*Every person on this site, No matter how long they have been clean, no matter how many times they fell, are engaged in fighting their y"h. They are not sitting passively. They don't always win, but they are fighting. And that is **exactly** what Hashem wants from us.*

And we have Guard to thank for enabling us. Pretty much everybody here is more successful in this battle since they found this site.

Rabbeinu Guard, can you bentch us? It's Erev Yom Kippur after all.

"Hoping" wrote:

Dear Chevra (and especially Guard),

The Rosh Hashana that I just had is incomparable to any other that I had experienced in the past. I still have a very long way to go, but I felt that I have at least an opening in my life with which I

can relate to Hashem. It is not that I am anywhere near where I should be, it is the fact that I can honestly assess where I am right now and make a commitment to improve. While acting out with my addiction, I never was able to look honestly at where I was. I felt like a big Rasha mixed up with a Tzaddik. Now I know that I am neither. Rather I am a Yid who is trying to get closer to Hashem. Before, I was not happy with who I was, always thinking that if only I learned/davened better, I wouldn't lust so much. I did not involve G-d too much; I would do this on my own. Now, my life revolves around Hashem. Not much has changed, yet everything has changed. I have not entirely lost my tendency towards lust, but my shemiras ainayim is at a level that I have never kept before. I have not suddenly begun to do everything right, but I can honestly say to Hashem that I am on the path to improvement and that I am fully accepting Him as my Boss. This, for me, was the first time that I was able to mean it when I declared the Malchiyus of Hashem on Rosh Hashana.

Thank you everyone. It is to you that I owe my new lease on life.

In yesterday's e-mail, we quoted a short article by Rabbi Benyamin Bresinger, Director of Chabad Project Pride. He wrote me:

I keep hearing fantastic, life saving news about GuardYourEyes. Can you include me the daily emails, please!

Someone on the forum sent us a message:

Dear Rabbeinu Guard,

I think your idea is genius, very professionally done, and for the clientele you have served, your success rate is one to make any professional therapist envious!

The work you are doing is incredible. I never thought I would ever be able to control my eyes on the street. Now, though some days are still harder than others, I am usually able to accomplish this. I haven't written any check-marks in my "shmiras ainayim notebook", because there usually aren't any intentional looks, or only one or two to keep track of lately.

May Hashem bless you with great success and great financial backing!

"Shomer Ain" - a Bochur who is clean over a year (see his story here) wrote me:

There are no words to describe all of you who frequent GYE. Looking through the forums and letters, I am flooded by feelings of awe and respect for all of those who have taken on this task. One thing that stands out above all, is the ongoing perseverance which is so apparent in all those who write on these forums.

"Holy Yid" sent us an e-mail:

I want to thank you for your work here. Only a few months ago, my life was full of such pain and I had no idea where to turn. The past yom kippors had such dread because I knew that there was little I could do. Today I got to 50 days clean. I could not have done it myself. I did not dream

about this kind of thing a few months ago. Thank you again.

"Me3" wrote on the forum:

Thank you Guard. I owe you a debt that I can never repay.

"X-Addict" wrote us an e-mail:

Hi, I'm x-addict here, wow, my journey's been a long hard one, I'm up to 80 days now, I want to fly to Israel to make a le'chaim in your house on 90 days, I'm being serious, I want to meet you! You have changed my life, 80 days!!! I've given so many people inspiration, I'm speechless, because I'm a massive chevraman and people except me to be doing x y z, and to hear that I'm not, makes them also not want to.

*Your dearest talmid, B.L.Y
London, England*

"TaharasHakodesh" sent us an e-mail:

Hi. I have a mainstream yeshiva background and have been in kollel for a few years. I can give shiurim on the sefer taharos hakodesh or maybe reb nachman's seforim to your members, if you think that would help.

I have, B"H, with your help, been clean now for a few weeks. I had the most beautiful davening in Uman where I davened for everyone at GYE. I finally felt I could mean when I said, "this year will be different" and I want a life of ruchniyos and not lust. Hopefully this year will be the first that I stay clean past Hoshana Rabba.

A few testimonials from after Yom Kippur...

Ano writes:

Hey Guard!!

I just felt I should update you on my best Yom Kippur ever. By some miracle, I got a seat in the front row right behind the amud and the aron. I was pretty psyched, because I got to sit right up front, which meant that I could cry as much as I wanted without anyone really paying any attention (except for the rosh yeshiva, oh well...). It was certainly the most powerful Yom Kippur of my life. I was there for all the davening, and I even stood through all of Neilah, which I had never done before. This is all thanks to GYE and being close to a year clean!

P.S. I called the partner you set me up with on the phone on erev Yom Kippur and talked to him for a little while (~10 minutes). I really hope I was helpful.

Miri writes:

So here I am popping in to say hello. I updated my chart. It is now 147 days Baruch Hashem. The reason why I decided to pop in tonight after Yom Kippur is because I am feeling SO very grateful to Hashem that I came upon this website and started on my journey of abstinence from lust. I felt much better standing before Hashem this Yom Kippur because I have truly grown this year and I have something to show him - I AM changing for the better and I am also feeling very humbled because I know that He is the one that is helping me along this journey.

So thank you everyone here on this forum for being here for me. Without you all it would not have been possible!!!!!!

Holy Yid writes:

Hi guys I am back from Yeshiva. I am with the help and kindness of Hashem over 50 days clean. For the first time in my life I feel that I have the possibility of control. I do not say control because I need to keep my guard up, stick to my rules avoid danger and most of all keep focused on fulfilling things.

My new friends here have added so much to my life. You have changed how I view the world. Unfortunately many of us make judgments about other Jews based on their clothing or other shallow criteria. I know that the people on this site are from all the different 'kinds' of observant Yiddishkeit. I feel a lot of warmth for many people here for all the help they have given me. Since I do not know who you really are when I walk down the street and see someone different than myself I wonder maybe they are one of the people I care so much about and who have given me so much. These thoughts have forced me to reassess how I look at the whole idea that there are fractions of Frum Yiddishkeit.

Thank you for everything.

Nuchum F. writes:

You do an amazing chesed for myself and for many other people that struggle and (or) need the twice daily chizuk. Your emails and forums have helped my wife and I very much. I could write you a 10 page email about my story/history/accomplishments but it is SO unorganized in my head it will take me some time to sort it all out.

All I can tell you from the bottom of my heart is that keep up the unbelievable work and I'm sure that all the lives and marriages you've affected will earn you a great seat in Gan Eden.

"Gam Zu" writes:

B"H I just updated my streak to 33 days. I honestly can't believe it. Since my addiction started I never got past two weeks and here I am at 33 days and b'chasdei Hashem going strong. Obviously, there has been a number of bumps and tests along the way and I am no where near my destination; yet, I could not have more hakaros hatov to HKB"H for helping me get this far. There were times during this first month in which I was positive it was over but HaShem sent little messages to keep me pushing. Two examples which I immediately recall:

1) One late night after a long stressful day, my urges were at their highest. I was about to fall until I heard my son let out a loud shriek from his crib. Once I heard him yell I paused to think how can I c"v give in when I have so much to be thankful for. I quickly ran to his room to check on him and by the time I got there he was fine, sound asleep. I realized what a huge tovah that Hashem was doing by allowing me to catch myself.

2) One afternoon while home alone I found myself in a similar heated moment when my blackberry buzzed with an email from none other than Guard. I paused for a little (even chuckled at Hashem's humor) and caught myself before it was too late. (Thanks Guard!)

There is no question - I would not have gotten past 3 days without siyata dishmaya and I daven that it continues for myself, the amazing individuals associated with this site, and all of klal yisrael.

All the best,
GZ

"On the Road" writes:

I really kept the forum on my mind over yom tov. I was looking so much to dancing and storing up simchas hatorah for this year. I always got great chizuk from simchas torah in the past. Mainly because I feel so much pressure through the yomim noraim and it has always been such a low time for me.

This year was strikingly different. I felt good about myself. I want so much to be free from addiction.

I felt for the first time that i actually had something to dance about. that i could dance without feeling inside that i was not worthy.

Of course, the simchas torah set up (with women in shul, although on a separate side and behind the tables) never really helped me in the past. This year I really kept my eyes on my side and my mind focused on enjoying what i was doing. It really meant a lot to me to be able to keep my eyes clean in that sense.

"BeStrong88" writes:

By reading all of these posts on diff forums, ive begun to realize this IS WHAT WILL BRING MOSHIACH

*This site is a lifesaver for many including myself, although I dont suffer from depression thank g-d, this site is a happy place to be and when I'm clean and not focused on **MYSELF**, then life is so much more fullfilling, I can use my time productivley and most importantly have a strong connection with g-d.*

"Kanesh" wrote:

Guard, thanks for the chizuk. I am proud of my progress as well, and that's all a positive cycle. It's so wonderful to finally feel that I'm dealing with my life - all of it - and if one thing doesn't work, I have support, expertise and advanced tools at me command should I need them. I don't feel trapped anymore, I'm looking forward to winter zman. There are no words for the hakaras hatov I have for you.

"Trying" wrote:

I am so grateful to GYE.

just reflecting back, i used to be sooo addicted.

like, literally, my life centered on when can I get home and ...

and when ppl needed me to do stuff, i'd say no cuz i was too busy with TV and ...

and literally, I did absolutely no school work

I barely remember what life was like back then. it's all a blur.

but now I'm so much better. I live my life, and when I get the urge it lasts for a while, maybe a day or two, and then dies down.

so thanks R' Guard - and everyone else on this site - for saving my life.

We received an e-mail today from Avraham:

There are no words to thank you, whoever you are. When I discovered your site (the details of how I discovered it are blurry, which is puzzling altogether) **my life was changed**. It was emotional at first when I realized that I was part of a group and not alone anymore. When that initial emotion wore off, I fell. I was not disappointed or depressed, rather I expected it to happen.

But now, now I'm proud to say it's an emotional and intellectual realization of freedom from the yetzer horah. I know he'll be back doing an honest day's work trying to ambush me and make me fall. So when I feel like I'm slipping, I imagine that I'm literally standing in a circle holding hands with all the others here, and if I let go, everyone is pulling me back into the circle of closeness to Hashem where my neshama really wants to be.

One turning point was the 90 day chart which works tremendously for me. At the time of this writing I have accomplished two weeks which is a pretty good feeling, since even if I have a fall, at least I have a plan now. At least I have direction now.

Another turning point is that now that I have a realization that I'm not the only one looking at shmutz, I felt comfortable reaching out and picking up the phone and making myself an appointment (with a therapist).

It took over 20 years to find you. I tried every *Tachbulah* that came my way. but I'm glad you and you're community are part of my journey/life!

Avraham

From Ahron today:

Guard, I just thought I'd let you know...you've really opened up in the last year + on the Forum. You're much less reserved and are actually hilarious on a very consistent basis, I love the back and forth, your sharp but subtle insights, and did I mention your sense of humor. You obviously LOVE what you're doing and on top of that, GYE is literally changing lives. Keep it up and enjoy it.

From Yechida:

Guard, I know you see alot of what you are accomplishing here but I don't think you see the full extent of how much this site is helping people, and not just with addictions but with depression, anxiety, avodas hashem issues, kiruv, and also you actually see how people are becoming more sensitive to the other and communicating in a more healthy way. becoming better as a person. you are watching many grow and develop. and it is beautiful to see

I know these are not the main purpose of the site but those "side products" are great great chassodim that are being done for everyone here.

Hatzlocha & Beracha
grateful yechida

RATM (Rage at the Machine) joined our community over 2 months ago. He's about 25 years old, a lawyer and an unaffiliated Orthodox Jew who never seemed to find himself in any particular 'conformist' community. He sent me his story a while ago and wrote as follows:

I was born into a very hareidi family... lots of brothers and sisters... my father is a well known possek and rav... I learned for many years and even started on *smicha*... Since then, I've never been non-observant, chas veshalom, but I've rejected the seclusion of *hareidi* life in many ways (even if I do wear a black hat still on Shabbat)... to be true, I was thrown out on my *tuchus* from hareidi life... I was rejected by them and I returned the favor... Maybe this was my biggest mistake.... I **now** believe that it is **better** to live *hareidi* in a box than to go out into this disgusting

world and live a "good Jewish life" here... Anyway, I'm raising my kids *hareidi* (they go to the most *hareidi* of schools) but it's too late for me... I can never go back to live in the box... In a way, I've got no place to go... I don't want to be a Modern-Orthodox, I don't want to be *hareidi*, I don't want to be a part of any world... in sum, I don't belong anywhere...

Then he found GYE and seemed to feel quite at home! Within no time, he was an indispensable member of the GYE Family... Yesterday, RATM sent me an e-mail:

Whenever I feel the slightest spark of lust, I rage at my addiction, "**Go to h**!! I WON'T DO WHAT YOU TELL ME!!!!**"... I say it over and over again until the addiction knows that it is going to need to get the h** out or get its backside kicked.... I have not slipped or fell or even come *close* since I've raged against the machine (66 days ago)... I sure don't want to start the count over again, I'm thinking of you guys 24/7... I can't escape you!!!!

If I was rich, I'd throw a lot of money at your work. I can't give you enough.... You are fighting the holy war.... Prior to my happening upon GYE, I saw this world as a world hit by a giant hurricane, tsunami and monsoon... the wave that can drown the whole world... Everything was destroyed, but more importantly everything was flooded... I thought G-d had lost the war (or just didn't give a damn anymore).... Then I saw you: a tiny flickering flame in a world completely wet... such a tiny little flame... there in the corner, flickering... not even a flame at all... more like a tiny dot of fire surrounded by water... but you flickered... and it gave me hope... and I huddled... we *all* huddle around your little flame... all of us at GYE do... And my ultimate dream is that the tiny little flame becomes a roaring fire that dries up the destruction of the wave... **You certainly saved my life and my belief in Judaism and humanity as well....**

Good luck,
I DO love you guys,
Rage

"Hoping", clean almost half a year, posted today on the forum:

It is my greatest joy to log in and see so many new members joining this *Milchemes Hashem*. These past 5+ months have been much more than a relief from my horrible addiction. Thanks to everyone here at GYE, I have been *living* for the first time in my life. Life is infinitely more interesting when I am not obsessed with self-serving activities. Giving up my addiction to Hashem has been, for me, an opening to let Him in to my entire life. I feel His presence in my life, and I never want to go back to the other situation that I used to call life.

When I began this journey, one of the things that scared me the most was the idea that I would have to work on staying in recovery every day for the rest of my life. I mean, as an addict, all I wanted to do was get as far away from the garbage and become a **normal**, self-serving non-addict. But after tasting the sweet feeling of living with the purpose of doing Hashem's will, I actually look forward to the opportunity to work on living this way every day of my life. Some days are easier, some are harder, sometimes I don't remember Hashem as I should, but every day has a purpose and a *reason* for living. What a sweet feeling!

Baruch Amsel:

Keep up the amazing work, I personally know of two people who were able to turn their lives around due to the inspiration they revived from your network of services.
Thank you,

By Mr. Smith

Dear Chevre,

I have been doing some major, personal, internal, spiritual work lately. My wife and I found ourselves in a position of a very, very long niddah period (with no birth to announce its coming). As of now we're holding at 5 weeks, but G-d willing it will be over shortly.

I have to concede to the Big Guy though, it has been uplifting in a way (not that I'd have chosen it, obviously), which was of course His purpose, or part of it. I didn't think I was going to survive. There were days when I wanted to jump off a cliff. I was going out of my mind.

Maybe you remember from my previous posts that there's this one girl nearby who really gets to me. I davened not to see her. I was terrified of what might happen if circumstances turned against me. But Hashem is kind. I davened very sincerely that He should *keep that girl away from me*. (I wouldn't even mention her name in my prayers, so as to think about it less.) I was terrified she'd show up at my door one day asking for a cup of sugar or something.

And then I saw a Rashi on the bottom of Sanhedrin 31b. *Mar Ukva* (one of the earliest *amoraim*) says Rashi, was a *baal teshuva*. He relates that *Mar Ukva* had set his eyes upon a certain married woman. His heart was filled with lust for her. He was so desirous of her that he actually fell ill. (Sound familiar, anyone?) Came a time when she was forced to borrow money from him. Out of her financial pressures, she consented to him. *Mar Ukva* then conquered his desire and sent her away with a generous loan in peace. Incredible! He regained his health, and from then on, his face emitted a heavenly glow comparable to that of Moses! UNBELIEVABLE!!!

This story hit me like a ton of bricks. This is the very situation I have dreaded - that she should show up at my door and need me for something. I believed that if that happened I would screw up in a very bad way, or else have a nervous breakdown. And here G-d has shown me that it's not the case. **We can choose G-d even in the most difficult times.**

These past few weeks have been tough. But I have been thinking about things I've learned on this site and elsewhere, things about me. And I've noticed gradual changes. I worked on turning my mind from any kinds of fantasies to just thoughts about my wife. As a cumulative result of it all, I've found that I am having less fantasies about non-wife people. And in fact, when I do, it's not hard at all for me to tap into a feeling of disgust about the thought. After all, we all know that intimacy with one's wife is meant to also be a spiritual endeavor, whereas with the girl down the street it would just be animalistic desire. So I've managed to bring that idea down from my head into my heart, just a little bit. It's a terrific feeling.

Another upshot of this, is that it's been easier working on *shmiras einayim*. I really feel that it's a disrespect to my wife and that it's just gross.

I don't imagine that there will never be any challenges, any steps back, but I really feel I've made progress. I've come to believe that I can live a normal life in a world where lust is everywhere. It's heartening. (Oh, and p**nography doesn't even get off the ground with me right now. Early on I had some urges - now I can actually feel gross about it. What a change.)

As the end of this big 5 week nisayon approaches, G-d threw me a bone. He showed me this Rashi, encouraging me with the rewards of overcoming the yetzer. I could hardly have imagined a more relevant story to me than the one Rashi brings about *Mar Ukva*. I nearly cried in the beis medrash when I read it.

I hope this will encourage some of you too. I'm glad there are people with whom I can share this. Continued *hatzlacha* to all in your holy endeavors!

Steve posted on our forum:

Today is 100 days clean for me and I would like to try and describe how I got to this point, and how I think I have changed over the past 3 months.

I am a thirty something professional living in a large North American city. I attended several yeshivos over the years and was in yeshiva until I got married. I had been struggling with these issues from adolescence and on. Obviously, the creation and popularization of the internet throughout the 90's and most recently the availability of high speed internet on hand held devices this decade, was a huge challenge for me. I actually had some years of sobriety immediately after getting married but had not had much success these past few years.

What's interesting is that since finding GuardYourEyes.org in August (thanks to [an article on aish.com](#)) I have not slipped or fallen at all.

I am going to try and share of the items that I think played in a role in my reaching my initial goal of 90 days.

First and foremost, while I have not read all of [the GuardYourEyes attitude handbook](#), the one thing that I read that I found very helpful is that this *yetzer harah* is a challenge that Hashem has sent specifically to me in order to have me work hard to refine my character. Whenever I am tested, I try to internalize that Hashem is challenging me and that if I am successful at this moment, that the success will be mine forever regardless of what happens the next time I am challenged.

One item I was extremely diligent in, was in guarding my eyes while walking in the street, supermarket, shul, etc. While there are stimulating images that present themselves on a regular basis, I was always careful to avert my eyes as soon as I glanced at something and made sure not to take a second look. When I am in doubt about something I catch in my peripheral vision, I assume that it is the worst of the worst, and I try to imagine the reward for passing this most difficult of test. I firmly believe that in this merit, the inadvertent viewing of these images did not impact me as much as they might have in the days where I would take a second and third look.

Dear Guard,

I've been spreading the word to rabbeim and people (I know, Rabbeim are people too, but you know what I mean...) so they can pass on the site to whomever they know might need it. Everyone's so appreciative of the info, cuz everyone knows how pervasive the problem is for others, and how easy it is for themselves to fall prey or be affected, and not just from internet images. And those who secretly are addicted have a good time pretending they're not while asking questions, and I have a good time pretending right back at them!!

I wish I could be more open and tell people how much it has helped me personally. Being afraid to hurt or confuse my wife & kids if it gets back to them, or effect their shidduchim prospects because of ruining my rep holds me back.

Thank you again for EVERYTHING. In my recovery, I was just feeling thru how deprived of friends I've felt thru my grade school years, and how that loneliness has played a big part in turning me into a pickle. But here on the calls and in the forum, I have REAL friends of substance, not just fair-weather friends of convenience. I haven't felt the urge to view p**n in weeks, and I've been able to ignore the YH to girl watch much better, like he's losing his grip on me there. I won't be over confident, don't worry. But I am sooooo much better because of you and the site.

G-d bless you, and especially your wife, who must be a tremendous person in her own right. Tell her from me that you are already blessed to have such an Eishes Chayil who is so devoted to the Klal with you.

I really do hope that I have the zechus of meeting you one day.

"Sci1977" writes on the forum:

It seems weird that almost three weeks clean have passed. I spent the last day or so forcing myself find **other outlets** for the time I spent.

The best distraction has actually been working. I have been working like a mad man. I used to sit at my desk and figure out what I was going to next for "my desire". Now I work and I'm accomplishing much more.

I also have discovered other outlets, like actually trying to talk to my wife and play with the kids.

The stress of the day does not get to me anymore. I think I have taken a step in not letting stress be a trigger. I wake up every morning now and I tell myself it's going to be a good day. G-d granted me another day to be here, to be with my wife and kids. It's a weird feeling knowing that just changing my attitude towards life really works. Simple but true. No slips or falls, and none needed or wanted.

Thank you for continued support and I thank G-d everyday for this website and the people on it.

"BeatYetzer" sent us an e-mail yesterday:

I've been meaning to write in for a while now and say thank you. I have been "clean" since a few days before Rosh Chodesh Elul (close to 4 months). My story is, I'm sure, not unique. I have tried over time to control myself, sometimes succeeding for one or two months, but never with the level of dedication and commitment that I have now.

What's interesting is, when I first became aware of your site (through [the Aish article](#)), I skimmed your handbook and signed up for both daily chizuk emails. They go to a hidden filter in my inbox. At first I would read them maybe every other day, maybe less, sometimes more often. Today, I read them even less, but it's amazing that the mere knowledge that there are people out there struggling with the same things I am, has made the struggle easier to handle. I couldn't imagine that anyone else was really doing the things I was doing. Just knowing that I'm not alone has made all the difference. And while it definitely helps to know that people have succeeded, I really believe it isn't *that* knowledge that is helping so much, as is the simple knowledge that people are dealing with the same things I am. (I do go back and read the unread chizuk e-mails in my in-box when I feel a weakness coming on.)

For close to four months, I haven't been on any improper sites, and I can count on one hand how often I have even had an erection not for the Mitzva (with nothing further happening, and it ending quickly).

Honestly, the **ONLY** thing that really gives me the strength to stop and continue to control myself, is that when I don't, it ruins my life. I stay up too late, waste time, lie to my wife, generally feel like dirt etc. I'm not stopping because it's *ossur*. I've tried that motivation in the past and it hasn't worked for me. I know that even indulging occasionally would cause me to spiral immediately. Being honest with myself about that seems to be helping.

So as I said, I've been meaning to give *hakoras hatov* to you for a while now. Thank you for making me feel like a *mentsch* again.

Kollel Guy writes:

I came in here looking for help, half expecting either yeshivishe raid which won't have the slightest effect on my life, or mystical hallucinations about how you need to balance all the energetic forces within you - using love for nature. Instead, what I found was a whole community of frum jews JUST LIKE ME, who share the same difficulties and frustrations as I do, and who also seek to free themselves of the self-destructive habit they find themselves caught in, and who all help and support each other in truth, and with wisdom - usually from experience. It's an amazing thing, and I'm just beginning to realize how it's changing my life, in more than just one way.

Silent Battle writes:

I'm still astonished by how much this community has done for me. I came here for support, and aside from stopping the issue that I needed to, I've gained a totally new awareness of how important our yesod is, a real awareness, instead of the intellectual awareness that I'd heard for so many years. And like so many others have pointed out, this board is one of the few places in this world where people are actually grappling with this issue.

By Jeff

Till the age of 18 I was masturbating and viewing porn 5-6 times a day. I had no idea what I was even doing to myself, I never thought it was that bad. By 18 I came to realize the severity of my actions and I got on the roller coaster of Teshuva and depression.

I got married at 20 and I thought my troubles were over. For the first 6 months of marriage I had no falls. Then we got high speed Internet and slowly but surely I slipped right back into the web. My marriage overall is good, but there were many issues that were directly related to my struggle (although my wife has no idea) and whenever I fell, my *shalom bayis* fell right with it.

Before I found GYE I was actually moving in the right direction, armed with "The Garden of Emunah" and a fierce determination. I was managing 3 week stretches of being clean, but I was still lacking something and every fall always triggered huge depressions. It felt like the longer I was clean, the worse the depression. Then Hashem sent me GYE and my life hasn't been the same since. I started reading the daily chizuk e-mails about 9 weeks ago and I've been reading and applying the handbooks, and the struggle is not the same anymore. I think, for me, the best information was in how to view myself as an "addict" and how to stop the depression after a fall. I am now B"H 6 weeks clean from porn and masturbation, and while I still have some tough struggles, my defenses are stronger then ever. Thank you everybody here on GYE for changing my life.

"YishuvHadaas" asks on the forum

I've seen various mentions on GYE about the difference between lust and love. One person mentioned that lust is Hashem's tool for encouraging marriage, but after marriage, lust should be relegated to the side and be replaced by true love.

After 2 1/2 **decades** of marriage - I don't think I have ever gotten beyond lust. I would be very interested in hearing any practical advice for how to start moving in this direction. Sometimes I see someone with a very unattractive wife (maybe she's very heavy) and I sense that they have a good marriage. I marvel at how they can have a good sexual relationship - because I don't think I could do that if my wife became very unattractive. This type of situation reveals to me how far I remain on the "lust" side of the equation - and I very much want to move to the "love" side of the equation. Is that possible?? Doesn't there always have to be - at least to some extent - the lust factor??

We replied:

On [this page](#) (at the bottom) you'll find a few great links from "Dov" to answer this question... I particularly suggest reading the piece called "currency of marriage".

After reading some of the links, "YishuvHadaas" responds:

Thanks for the reply and links. I see that often it boils down to the "me centered" world of selfishness. Lust is pure selfishness; doing or fantasizing about doing for the self. Our society promotes the self.

I will try to do for my wife without doing it just because it is my obligation (which unfortunately I think has been my motivation over these years). When obligated, or when I feel obligated, or when I feel if I don't do I'll be "punished" by her reaction, then I do. It's hard to break away from the "self" after all these years.

B"H - we have had a good marriage, well - certainly not bad, (maybe just "very functional"?) It for sure could be much better - and I could cry from thinking about all the years of "just going through the motions." HaShem wants - and has designed the universe - for our relationships with our wives to be intensely beautiful. Being on GYE has brought this concept anew before me - and has caused me to again believe that it can be accomplished. Life is too short to have an "automatic pilot" marriage. After almost 25 years - I was sort of resigned to living and dying - and leaving it at that. How often have I mentioned to others that our wives are a reflection of how we treat them? How often have I rationalized not following my own advice?

I will, bli neder, try to take the leap away from my "self" towards my wife.

Thanks for letting me write this out - it need it :-)

"Me" Responds:

Unfortunately, what you wrote and experienced (that it was all "theoretical") is perhaps *the* global *chisaron* that many of us "frum Yidden" have today. Often, everything that we practice and are still learning, Torah, *middos*, *hanhagos* *toivos*, etc. seem to stay at the "theoretical" level. This is why Rav Shalom wrote this *sefer*. When you read the *sefer*, you see clearly that even the *Emunah P'shuta* is far, far away from us. We have not been living this way, even though we learned about it in Yeshiva...

We here at GYE, MUST put the "theoretical" into "action". There is no other way for us to succeed. AND, if we are successful in doing this, then we can see that our falls were all for our good in the end. For hopefully they will have brought us to true *Emunah*, *B'poel* - *L'maaseh!*

I am a Rov, Posek, Magid Shiur and Mechaber Sfarim. I have thousands of talmidim. I have been unsuccessfully battling this problem for at least 40 years. I read thoroughly the GYE handbook and would like to make the author my Rebbe. "*Kmoyim korim Inefesh ayefoh*", this masterpiece of Gadlos and Katnos has reinstilled a hope within me that maybe I can really be what my talmidim think I am.

MosheW wrote today:

Personal Count: 90 DAYS!!!! My dear friends, the road has many forks, choices, choices, and more choices... Without a good "GPS" i.e. **G**-d, **P**rogram, **S**upport (a good *chevra*, posting on the forum, etc.) it will be almost impossible to make it.

When MosheW first joined us he wrote:

Being new to the forum I would like to introduce myself. I am FFB and went to the best *yeshivos*, happily married with multiple children and a strong connection with some of the biggest *gedolim*. My issues began when "a friend" gave me a stack of magazines. Sadly, with the internet things only got worse. The cycle was always the same, I could go a few clean months, fall for a couple of days, and always get right back up for another few months. However over the past few months, I couldn't seem to pull free. That was up until 2 weeks ago when I joined the GYE community.

There were days when I would be alone in the office spending 3-4 hours going from one website to another. After which, I would spend the same amount of time feeling depressed, dirty and alone, beating myself up over the events of the last several hours. In the end, I always promised *Hashem* that I will never do it again, knowing in my heart full well that I will never keep my promise.

I would like to nominate the Y/H as "Employee of the Month" because since I have committed to controlling myself (on and off the internet), he has been working overtime to get me wherever he can. *B"H* with divine intervention, I have been doing a good job staying away from the evil websites or the "seemingly kosher" websites such as YouTube...

Another time MosheW Posted:

Everyone on this forum has reached the lofty level of *Baal Teshuvah*. Many Giants of the last generation have already said that to be a *Baal Teshuvah* one merely has to say, "*Ribono Shel Olam* I want to be good". No longer are the steps of admittance, regret, etc. needed. I once heard in the name of Rav Nosson Wachtfogel, the famed Lakewood *mashgiach* who after affirming that such was the case was asked, "but Rebbe, what about the *Shelah Hakodesh* who insists that the other steps are necessary?". To which the *Mashgiach* replied, "I just gave you away of crawling out of the mud you want to crawl back in? ". No longer do we have the strength of the previous generations, just tell Hashem with sincerity that you want to be good and He will do the rest. The *Medrash* relates that Hashem asks of us "open for me a needle hole and I will open it to the size of a banquet hall". There is a famous question, "why a needle hole, why not another hole, for instance when one sticks his finger in the sand?" The answer given is that a needle goes "through and through", it's may be small, but it's with a true sincerity.

B"H I am happy to report that I waking up lately with an even greater *simchas hachaim* than the day before. Each step is battle, not just a fight. I wish you (and everyone on the forum) the strength to win. The *gemora* says that the bigger a person, the bigger his Y/H. Being that we have fallen for our addiction, just think how big and lofty our *nishamos* must be! **The Ribono Shel**

***Olam* is not only proud of this website, it was worth the thousand of years in *gulos* just to reap the benefits of the giants it will produce.**

At his halfway mark (45 days), MosheW wrote:

There were times that I was blind, dizzy and almost "frenzy-like" with the urge and passion to give in. Up until I joined this *chabura*, I always gave in, my brain would just power off, not even sleep mode. But things are different now.

Just keep on fighting, chevra! The more you fight the easier it gets, and with each win, more and more *simcha* and *kedusha* will enter into your heart. Just be on the lookout for new tricks of the Yetzer hara, he doesn't give up EZ.

At the risk of getting busted, I have discussed the website with many community *askonim*. I even hung up a poster in the *Klaus* where I *daven*.

(Hang up this flyer in your Shul or advertise it in your community newspapers or magazines: **Black & White / Color**. And here's a high resolution ad that can be sponsored in your local Frum news-and-advertising outlets!)

Someone wrote us last month:

I'm happily married to a beautiful and loving woman, and together we are raising a bunch of wonderful children, yet there is a side of me that no one knows about, a side of me that has been eating away at me for almost as long as I can remember. That side of me is the Mr. Hyde to my Dr. Jekyll, the crazed sicko who gets set loose at night and does horrific shameful things. Being a true ohaiv Ha-shem, who really loves the aibishter and his torah and mitzvos this creates an enormous amount of conflict in my life, leading me to feelings of isolation despite being surrounded by people who love me, and despair despite leading a relatively successful life.

To compound those feelings, I am involved in avodas hakodesh, so while people are looking to me for inspiration, I'm sometimes involved in things that if they had the slightest clue of, they would pillory me in the town square. This makes me feel even more like a fake and a fraud despite the fact that all I really want to do in my life is bring people closer to Avinu Shebashamayim. Many times, I have thought about quitting, recognizing that I'll never really be able to inspire others if there's no gas in my fuel tank, but I'm reminded of the fish's response to Rabbi Akiva, "If in the water, the place of our life, we need to fear, how much more so on dry land, the place of our death!" So I guess I will try to stay close to the water, (besides all the teaching I do, I personally learn for hours every day, sometimes immediately followed by a most inglorious session of shmutz!), and just keep trying to slog through the muck. I hope you can give me the chizzuk I need to make it out of my living hell.

30 Days later (and clean) he writes:

Thanks again to everyone; my life has improved immeasurably since I joined this program. From the outside people wouldn't see any difference in me, but I feel the difference.

The constant battles are raging in my head much less, the feelings of guilt and fakery are mostly gone, I feel so much cleaner fresher etc...

Someone wrote today on the forum:

The ironic thing about GYE is that to be part of it, I need internet access. It is clear to me that I need GYE as oxygen for my soul, on a regular basis, and for the support you give when I need it. I feel like my computer has been transformed from an Avizerayu DeArayus into an instrument of Kedusha. I just feel now that I want to thank HaShem and ask for continued Siyatta Dishmaya (It's hard to find the words).

I got this e-mail yesterday from R' Chaim Dovid Zwiebel :

Reb Eyes:

I don't know who you are, but I must give you a tremendous yasher koiach for starting the GYE program. As I said at this year's convention of Agudas Yisroel, I believe that shmiras ho'einayim must be a major focus of Klal Yisroel's efforts in this dangerous tekufa -- not just because of the issurim chamurim involved in improper histaklus, but because of the total havoc this problem has caused in our families.

If there is some way you feel Agudas Yisroel as an organization (or I as an individual) can be of assistance or even partner with you, please let me know. No guarantees -- I am sending you this message without having discussed the matter with anyone -- but I sense you're on to something extremely vital, and I'd like to help.

Best,

Chaim Dovid Zwiebel
Executive VP
Agudath Israel of America

Josh wrote:

Wow.....

Unbelievable....

I had to wait to day 88 to gather enough courage to write here.

I have been looking all my life for something like this web site and it wasn't till my work mate forwarded me a link to this site and as soon as I saw this site I started my journey, and B"H haven't fallen and IY"H won't fall ever again.

I would like to thank my work mate who I guess is also finishing his 90 days now for if not for him who introduced me to this site

who knows how much longer I would have continued....

And if you need any help, just know that you saved my life and that enough should give you enough strength to continue for many more years....

Thank you administration of GYE for all the E mails and reminders....

The daily emails and reminders even though I didn't always have time to read them...

Just being in the inbox reminded me to behave myself and keep away from the bad

I was addicted for twelve years always looking out and wondering who can help me, on Sunday December 31 2009 while waiting my wife to come out of a store. i was reading the news on VIN when i came across an article the roving eye as. i was reading the comments that someone was suggesting. go to guard your eyes to get help. right there and then i went to your web site. when i started to see all this great information i became glued for hours. i must say, since then i did not fall B"H. i now feel greater then ever, you are far more then a organization to me you are like a hashems hospital Thank you

Received today:

I am a Brooklyn yungerman who has been looking at re'ios assurios even before I knew that I shouldn't be looking at them. I was doing the ma'aseh before I knew that it is an aveira, r"l. I am married now with a few children, Boruch Hashem, and have been struggling with the yetzer horah since then.

Brov rachamov vechasodov, I was zoche to be directed to this great and holy site by a Rav who knows about my struggles (I am forever indebted to him for this referral!). My Rav insists that every single person davening in his shul or coming to his shiurim must sign up to CovenantEyes.com at his expense, and he gets the accountability reports. (That's how he found out about my problem and referred me to this site).

I told the Rav recently that I have a big tviyah (complaint) against him for not telling me about this site earlier!

With much siyata dishmaya and the chizuk I received from this site, I was zoche to have a higher level of shmiras einayim for the last month that I haven't had since before I was a Bar Mitzvah!

Yasher Ko'ach to all the good Jews who set up this site, to all those that post on this site, to all those that help fund this site, and to all those dear friends of Hakodosh Boruch Hu who value true kosher SIGHT!!!

"NewMe" Posted on the forum today:

This site is absolutely amazing. Thank you so much whoever you are for starting the site. There are tons of great organizations out there all doing good things, but your are simply changing lives. Without you (and all the people giving encouragement on the forum), so many of us would still be deep deep down, maybe rising up a little once in a while, but overall stuck very firmly were we wish we weren't.

*Anyway B"H I'm 63 days clean, from p**n or masturbation. I didn't post a thread on the forum right away because I was scared it would last a week - maybe two - if I was lucky, just like many many other times I decided once and for all THAT'S IT, and there I was a couple days later right back again. But what can I say, B"H I'm already clean probaly at least double as long as I ever was before. And the truth is, even those times that I was clean for a month, I wasn't as clean as I am now, because then it was fueled my learning and lack of Internet, and it was only a matter of time untill a clean like that ends.*

But now I really am clean; I could but I don't, and sometimes I really want to but I still don't. I hope that this is the type of clean that lasts.

BTW, just reading everyone else's posts was very helpful to me, the stories and situations that are so similar to my own made me feel that I was part of a group working together.

“LoMisya’esh” wrote me an e-mail today:

I’ve been off-line for the last few months to help me heal, and I’m telling you that it did me a world of good. I even gave my cell phones (which had internet access) to someone to keep for me, and now I plan to take them back from him and sell them off... Now that I’m online just for a day or two, I have major nisyonos to peek at the p**n sites again, but Hashem will help me overcome, and writing this letter will help too!

I was on GYE for nearly half a year, and in retrospect, what did I gain from it? From GYE, the two paths of life became clear, as the pasuk says: *re’ei nosati lochem ess hachayim v’ess hamoves – see that I have placed before you life and death*”. Before GYE, I was slowly making my path of life a path of death without realizing it, but now b”h with GYE, the two paths of life have become clear.

I have been in phone contact with two wonderful people from the forum who have helped - and are still helping me through. But I’m still on my own, taking baby steps in this dark and dangerous world and trying to build myself, slowly.

Keep on going mighty general, and with Hashem's help you'll conquer all the hearts of lost Jews.

With heartfelt hakoras hatov!

“Shomer Bris” wrote me an e-mail today:

Hope all is well. Haven't stopped by the site in a while. Just wanted to tell you a little while back that I had completed 'chai'-18 months, but at this point it's already nineteen, Baruch Hashem. Great to see that so many people on the site are still so dedicated.

Just today we had two people on our forum reach 90 days clean. One of them calls himself "Ovadia" and wrote the following on the forum:

Here are my thoughts at 90 days.

Thank you HaShem! As R' Twerski put it in his beautiful article on Pesach, when one is freed spiritually, then he is thankful for every second of his freedom. GYE has made me realize that the concept of Kedusha and being part of a holy nation is not just an elusive idea for “holy” people. It is within our grasp. And for this I truly have to thank HaShem for having the Zechus of having my part in His Plan.

Contrast - Sometimes I think back to those grotesque images which I have not seen for 90 days and I think, could this really be what interests me?? What a contrast between what I “gave up”, and what I received instead. The contrast is beyond words.

Appreciation - I cannot express my appreciation enough to everyone here at GYE for literally saving my soul. I have received so much from you; so much insight and understanding. But most of all support and guidance, and the feeling that in the times of darkness there are some very dear people out there who care. Thank you all so much. And of course I look forward to the grand GYE kumsits with all of you, with the Shor HaBor and the Leviasan!

Privilege - It has been the most amazing experience to have contact with so many emotionally and spiritually deep people/Neshomos. It has made me feel emotionally alive. I have had the opportunity to express my emotions and feelings without feeling inhibited or childish. And I also

feel spiritually alive. A special type of Avodah different to learning and daavening, but what gives more meaning and amplifies to all Ruchniyos.

Yet I feel some disappointment. Here at GYE we see everyone has their own struggles. I might be wrong but it seems that there are different levels of addicts. I feel that my own addiction was just a bad habit I could not get out of and needed to be broken. What did it take? Openness and frank confrontation with my feelings and weaknesses.; getting out of isolation and realizing that there is an effective way of breaking the habit. And more than anything a framework within which to do this and the support which I received. **And that is the tragedy.** Why did it have to take so long to discover something so simple? I am sure that there are so many low level addicts out there like me, that don't need therapy or SA groups, just a healthy perspective and attitude, support and communication, realization that you are not alone or the only one and to be given the opportunity to talk from their heart. **Why is the frum community continuing to deny this to themselves?**

Here is an example of what a difference in attitude can make. A while back I started a thread on the forum about whether to buy a laptop or not. In the end I bought one because I had to. I know that before I found GYE I could never have trusted myself with a laptop and for that reason I would never have bought it. B"H because of GYE I was able to buy it and so far I have never had the temptation to "abuse" it (Yes, I do still have a Y"H!!)

The main lesson that I learned over the last few months has been to appreciate and be happy with what I have, and not be constantly looking at what I do not. All the lust and fantasizing comes from wanting just that little bit which is out of your grasp. I learnt to stop "looking" away from myself. Yes, guarding your eyes begins in the eye of your mind. If something does not interest you, then you do not lust for it.

Finally, no words will suffice to thank R' Guard enough for being HaShem's Shliach in saving my soul. HaShem should give you the Koach to continue in you holy work, and there is no doubt that you will be in the front lines to greet Mashiach Tzidkainu!

And the second person to reach 90 days was a woman who calls herself "Letakein" on the women's forum (separate from the men's forum). She became clean through our site, found a wonderful Shidduch in the meantime, got married, and today she wrote:

90 days. I'm not really sure what the appropriate thing to say or do right now is. i'm sitting here on my couch with real tears rolling down my cheeks. tears of truth, tears of accomplishment, tears of pride, and tears of immense gratitude to Hashem and to all my family at GYE. A few short months ago I was drowning just like that guy in today's chizuk email. drowning in a sea of wave after wave of lust and acting out. GYE pulled me up, threw me a life jacket, and i grabbed at it desperately. I thought you would help me be clean, abstinent. Instead, you helped me build true relationships in a place where i could trust, feel, talk, and hope. You helped me be content with the life that I have and to see all the good that Hashem has bestowed upon me. You taught me to smile, to try to pray, to reach out to others, and to hope to Hashem for help.

Thank you from the bottom of my heart. May we all be zoche to see geula in all of our personal journeys and to see the ultimate geula soon!

"Briut" posted the following today on the forum:

I think it's time for a **100 DAY CELEBRATION !**

100 days into this journey and I'm now seeing that THIS IS NOT BEYOND ME. Cleaning up my act is within my field of vision. Hashem hears my prayers and is saying 'yes.'

Thank you, Father!

I feel as if I've crossed over some huge mental divide, to a place where I see a different way of going through my sex life, my love life and even my parenting life. I'm not there yet, but I now see the next round of work that'll make it happen.

I saw a beautiful sunrise this morning and started humming an upbeat tune, "It's been a long cold lonely winter; ... it feels like years since it's been clear; Here comes the sun, here comes the sun; and I say it's all right."

Thanks to Guard for long hours of holy work and for taking a personal interest when I wasn't sure I was cut out to be here. Thanks to everyone who read through long rambling posts and took the trouble to respond.

And to the Ribono Shel Olam: I don't know why you let me feel for so many years that Your laws seemed incompatible with my body, but I know it's only now that I can show such gratitude for Your bringing me right to Your door. Thanks.

Shimon shared with me some of his story upon reaching 90 days clean:

Rabbi Binyamen Eisenberger Shlita demands that even those that just come to his shul for some shiurim must sign up to the Covenanteyes program with him getting the reports - at his expense! And he saw that I had a problem and confronted me. Even with his warnings, I couldn't stop. He pointed out to me that I am yes, that word, "addicted". He sent me to GYE..... & the rest is history!!!!

Before GYE, I had a Yahoo account with all my 'passwords' saved... I also had a DVD with over 900 images saved on it. Since I started posting on the GYE forum, I didn't go through them again, but I didn't have the guts to get rid of them either. I was hoping behind the scenes that this GYE thingy will pass & I will still make use of them. After all, in the past years I did 'Teshuvah' countless times. Sometimes I even threw away DVDS that I bought without even watching them. But I kept the Yahoo account (talk about contradictions!)

After a few weeks in GYE, & speaking to my Rav/(friend), I gathered the courage to make the cut-off complete. I deleted the Yahoo account & broke the DVD into two. I saved the broken disk because I wanted to burn it with the Chometz on Erev Pesach.

The second & third weeks of GYE and abstaining from looking at shmutz were the hardest for me. I doubted that I will be able to keep it up long term.

Afterwards, it seemed almost like the Yetzer Harah forgot my address, Boruch Hashem. (I am nervous that he is just lying low & preparing a surprise attack. I hope to stay vigilant, thereby eliminating the element of surprise!)

To give an example of how far I've come, my wife wants to go to the Catskills for the summer months this year. She consulted with a Great Rav in Yerushalayim and he didn't want to give an answer without speaking to me first. He asked me what will be with my "inyanei kedusha" for those two months? (He knows all about my nisyonos already). I told him that I am at day 82 (which is where I was holding on the day I spoke to him), and that I was not afraid of being home alone! THANKS TO GYE!!!

A Talmid Chacham and Magid Shiur posted today on our forum:

A little cheshbon hanefesh and hakaras hatov likras lel hashloshim that I am clean. It is symbolic that this number which is considered significant in the recovery process, happened to fall out lel pesach sheni. Pesach sheni is the day of a second chance and so is GYE a second chance for me. As I have previously posted, I had totally given up hope of recovering. I hold lifetime memberships in p*n sites. I had thrown out computers and the internet countless times, to no avail. Somehow I stumbled on this site which has given me a second chance.

A Rebbe wrote:

I'm an Elementary school Rebbe for 7 years. Always suffered with Shmiras Ainayim since Bar Mitzva. Didn't chap I was addicted until recently. Started with internet addiction in my Yeshiva's office. I think it's important to make Yeshivishe Mosdos aware that just because there staff is comprised of Chushuve frum people - men and women - does not mean they are immune to this Nisayon. Their computers should be protected as well. Thanks for all you do. I am optimistic and hopeful for the first time in a very long time.

Yoeli wrote:

Dear GYE

*You guys are freakin Amazing
I love what your doing keep up the AMAZINGLY GREAT work
Right now I'm feeling so much love and appreciation for what your doing, I can't even begin to describe it
I feel like we have a revolution on our hands.
You're changing the world, keep it up.*

MyLastStop wrote:

*The amount of talent and wisdom in these posts is staggering. The replies are truly powerful.
I feel as though I have a team of highly qualified therapists. The whole concept of group therapy, where the people who truly live though the problems you have, give you advice, is genius.
For too long I have been looking to Rabbonim and people that do not know me, the real me, to help get me out of this problem. I have given up on them.*

Can'tDoltAlone wrote:

A few days ago I searched shmiras einayim online after a life-time of struggling, and found an article on Aish and saw some guy referring to GYE. I came to this site and was shocked. It hit me that I am not a loser and I am not the only one dealing with this. I immediately felt liberated and felt like I could use everything I learned in therapy because I can do it, and it's not just me in this battle alone. Because of that I wanted to thank everyone here on this website. You guys have given me a newfound strength and I don't know how to thank you enough. Hopefully, I will be able to hold on to this feeling. I really don't know if I could ever express enough gratitude for everyone here being open and honest with who they are. It really just changed my life. I wish I could help you guys as much as you have helped me.

Ben writes: *I clicked on the link to the forum - bless that day - and pretty soon I was crying. To see my beloved brothers and fellow warriors joining together to fight back effectively and give each other support and chizuk, is by far the best therapy I could ever hope for.*

Rachel writes: *Thank G-d, you had the bravery to confront the issues head-on, called things what they are, and created GYE and all the supporting networks. I applaud you. You are saving my life, along with all the others...*

Steve writes: *I have been recovering through your network and I have been feeling immense natural serenity. I have been super calm to all that I meet. I feel a pleasure to be with people and to help people. My wife cannot get over what a calm and upbeat mood I have been in. You guys are great! I feel like crying for joy just thinking about how wonderful you guys are. Thanks!*

D.G writes:

I often wonder how come I am the way I am. I always imagined that being the top bocher and avrech in a kollel, my spirituality would keep me from stuff like this, but as time has told I have not been strong enough to fight the overpowering yetzer harah. I feel like I live a double life, the person who I am that I have worked so hard to become, and the evil twin. B"h in the last few weeks I discovered this web site and have been getting these emails, and since then I have only stumbled Bli eyn horah once and have gotten the chizuk to try and remain strong. These 12 days have been some of the happiest of my life as well. I can't remember feeling this good in the almost 15 years in which I have struggled. I hope B"h with all y"alls help I can overcome.

"London" (in SA recovery for 5 years, was still acting out)...

Since I have started posting on the forum, my recovery has undergone a major overhaul, as I now practice the tools that I write about, I am so grateful that there is a forum where I can connect to recovery and help me in my Avodas Hashem.

This forum and email for me is opening up a whole new side to my recovery that I have never explored, my SA recovery is the foundation, but as there are no other frum Yidden in the London meetings, I rarely get the chance to talk about my struggles with my Avodas Hashem, you are providing me this opportunity.

May we all go from strength to strength in our battles and Avodas Hashem.

I read the GUE handbok last night. it's amazing, i can't even put it into words. it's like everything i needed to hear. ..

-- Adam

Tomorrow is day 70 - bli ayin hora. Is this true or am I dreaming??

Thank you Holy GUARD.

thank you for giving me my life and my Yiddishkite back to me.

look how you are making baaley teshuva every single day.

you are a very special person.

YEHI MASKURTAICH SHLAIMA MEI-IM HASHEM!!!!

humble and happy

-- bardichev

Hi,

I have looked at the Handbook but have been going through the GYE Attitudes document first. I have been going through it methodically and really trying to reflect upon the principles outlined there. This material is a tremendous zikoy ha'rabim as GYE is the only organization I know that is addressing this issue head-on in the frum community.

The daily chizuk e-mails really keep me going, and that is the truth.

Thank you for all that you do!

-- Shomer

Guard,

Just wanted to wish u and ur family a Kabalas Torah beSimcha u'bePenimiyus.

I would like to thank you, as I owe you my life.

During occasional callings of the Y'H my first thought is that I am not going to disappoint the Chevra on the site.

Every morning we say the bracha Matir Asurim, Baruch Ata Hashem Who releases the chained. I never understood how that specific bracha was related to us until now.

-- YosefYakov

If you stick around on this site, and take the things that they say seriously and are really determined to try and change, you seriously will, no matter how far you think you have come, believe me we have seen it in cases even worse than yours, %100 worse, and they've completely turned around. Read the guard you eyes handbook, and attitude book, it's real gold, try and implement one or two steps to start off with - from the handbook.

-- Net

Guard, can't thank u enough. This is corporate kodesh kodoshim. For every person who takes the time to acknowledge and thank u for your tremendous work, there are probably a hundred times more who benefit from it so keep growing from strength to strength .

-- Ephrayim S.

Since having been inspired by your site and the work that you personally put into it, I have already moved to a better area of caution in avoiding lust generally. At this particular juncture, for various reasons, it is a crucial advance, shkoyach.

-- Phil

I would like to begin my 90 chart. My previous streak is 5 months and with Hashem's help and your Chizuk I will smash through that streak and reach complete Teshuva. YOUR WEBSITE IS UNBELIEVABLE AND THE REWARD FOR YOUR EFFORTS MUST BE UNIMAGINABLE. I am jealous of you that you have such a big Zechus. I only hope that one day I will be able to add my name to your already long list of success stories.

-- I.F

The Discovery that I was Capable of Restraint

I grew up in a frum family, relatively Yeshivish, though I did watch movies occasionally. I went through standard adolescent turbulence but turned out OK, boruch Hashem. I learned in Yeshiva for a bunch of years, and enjoyed learning. However, from the time I was young, I had a major issue with being mz"l (masturbation). When I was younger, I would buy magazines, and more recently, I used online porn.

Then, a few years ago, things got worse. Much worse. With shidduchim not going well, and most of my friends married, I felt very alone, and I actually began meeting live women to satisfy my emotional and physical "needs." This went on for a while. I knew it was wrong, it went against everything I knew; everything I wanted to be. Occasionally I would stop. I'd delete my email account, erase all the numbers of the women I'd known... but it only lasted for a while. There was a part of me that wished I would get caught, because I knew that despite the suffering and embarrassment that it would cause, it would be worth it if it got me to stop this terrible behavior. However, I couldn't actually bring myself to say anything to my Rebbe. I couldn't even bring myself to daven for my Rebbe to find out.

But I guess Hashem heard my heart's prayers, even if I couldn't articulate them. My Rebbe did find out, and he confronted me. He recommended that I use GuardYourEyes, along with therapy.

My first goal was to put an end to my unhealthy relationships, which I did immediately. When my therapist recommended though, that I practice complete abstinence, including masturbation, I wasn't sure. After all, that wasn't the main problem, and I honestly didn't think I'd be able to handle it. For years, I'd never been able to stop my practice of being mz"l for any appreciable amount of time. But I figured I'd try it.

I signed up for the 90 day chart, a bit skeptical. I started keeping a journal on the forum of my thoughts, my progress and the tests I was facing. I read about other people's tests on the website and forum, and I began learning different approaches to this battle. Perhaps most importantly, I felt part of something special. Here was a group of people, possibly the only one in the world, fighting against this. When I had a victory, there were people who rejoiced along with me. When I was having trouble seeing things clearly, there were people to help guide me. When I was feeling down, there were members of the forum that encouraged me, let me know that they cared, let me know they were there for me. And slowly, slowly... it worked. I showed up by my next therapy session and realized that I'd been clean for a week! The weeks passed, and I'd been clean for a month! I was shocked!

I'd learned something important - I was capable of restraint. Masturbation was NOT something that I needed to be happy. In fact, I found myself feeling happier, more satisfied and more fulfilled without it. And when I shared this with everyone on the forum, they celebrated along with me in this too.

The months passed, and I learned more about myself. Looking back after being clean for several months, it's truly incredible. I've done things I never thought I'd be able to accomplish. I've completely stopped all my lust-motivated behaviors! And in retrospect, I feel that maybe Hashem put me into the situation I was in so that now, I could end up even healthier than I was before; with the capacity to truly feel good about myself, without feeling any hypocrisy, and without having my own self-pleasuring and fantasies get in the way of real relationships in my life. And most of all, to finally be able to connect with Hashem in a true way. I don't think it's any accident that my learning has improved so dramatically since I got clean.

I put all dating on hold, while I worked on getting clean. After being clean for several months, I began dating again. B"H, the very first girl I dated, I became engaged to. This was partially due to my new, healthier outlook, both towards life in general, and towards myself. But I am absolutely certain that it was also Hashem's immediate response to my Teshuva. I **also** have no doubt that I

would not be where I am today without the help of all the amazing people on GYE. I can never fully express my thanks.

We received this story/testimonial on April 9, 2010 from a woman who we've been helping over the past year or so. She sent it to us when she reached 3 months clean. (Note: The story below is one of the most extreme cases we ever dealt with. Most people who come to us have not fallen as far).

**“Mi'mamakim Keraticha Hashem”
A Woman's Story of Addiction & Recovery**

It was from the depths of physical, spiritual, emotional and mental hell that the leaders of GuardYourEyes pulled me out. They are nothing less than malachei Hashem. The first step of the 12 steps in any addiction recovery program, is to admit your powerlessness over your addiction and to hand it over to the G-d of our understanding. I handed my horrific and life threatening addiction over to GYE, and they along with Hashem, saved me from a sure physical and spiritual death.

I grew up in a modern orthodox home with very few restrictions placed on TV, internet, magazines, and other such popular media that feed us images, ideas and beliefs which serve to uproot our sense of happiness and self control. After spending a year in Israel and getting married, I was assured that I was one of the lucky ones that came out of an American upbringing fairly clean and pure. I am now girl in my mid twenties, with several small children in right-wing frum Yeshivot. After a few years of being married I found myself attracted to other men, but did nothing about it, since I knew it was wrong. After several more years, and severe bouts of depression, things started to fall through. I was approached by a married man who was interested in me. I refused at first, but after a year or so, I gave in to a full blown affair. After it ended I was crushed, so I sought more guys to make the pain go away. I used guys like drugs, and had affair after affair after affair. It wasn't as simple as I thought it would be to have an affair, and I hadn't realized the grave danger that I put myself in, each time I was with a different guy. I was stalked, raped, and hurt several times, and yet it was not enough to stop me.

During all of this, one of the guys that I approached told me about GYE and put me in touch with their fearless leader himself – (the one they call) “Guard”. I poured out my soul to him, and instead of being reprimanded and told that I was going to go to gehenom, I received several emails from him that began, "Dear Bas Yisroel", "Dear Precious daughter of Hashem", "Dear holy neshama". His emails of care and concern pierced my heart and gave me hope that one day I will be more than an addict looking to satisfy my lust. I started to get involved in the GYE forum, and after carefully thinking about my situation, Guard set me up with a GYE sponsor. They even got me in touch with Rabbai Avraham Twerski, which is quite a difficult task.

Rav Twerski diagnosed me as having a lust addiction and told me that there is little hope other than a 12 step program. I sought out therapist after therapist, but the only ones that were able to understand me and to lead me even close to where I needed to go, was Guard and his army. I kept pushing off joining a 12 step program with various excuses, until GYE had to show me some tough-love. They told me that they are ALWAYS there to help me, but I need to attend meetings if I am to be allowed to be an active part of the community. They don't want fakers, or empty promises on their forum. For a while, I felt dejected and withdrew, but it forced me to go to those meetings. And all along, Guard watched me from afar and never let go. EVEN at one point when I slapped them in the face by falling to a level so low that I didn't deserve to be taken back, they picked me up, shook me up, and saved me.

I am just one person, and one life that they saved. We all know that if one saves a life, it is as if they saved the entire world. THIS IS GYE!!!! By saving me, they saved my kids, my grandkids and so on. If they wouldn't have taken care of me spiritually and mentally and made sure the guys out there weren't hurting me physically, I would no doubt be dead. The world is burning, and they are working around the clock to put out the fires in every home and every broken soul that comes to them. While everyone else is sticking their head in sand about this desperate situation that plagues our holy nation (you only have to look as far as Craigslist, Facebook and even some so-called "frum" adultery websites that I don't want to mention here, to see how real this problem truly is).

GYE stepped up and took control. They are not only working with the fringe of our society or the *erev rav*, they are helping Rebbeim, professionals, and G-d fearing Jews take control of their lives before their lust destroys them completely. I know first hand of over 50 men that live in the frum world and have frum families that are struggling with this, and this is just from my own personal encounters. For a while I wondered if guard and the members of GYE were really human, because they did too much, and cared only like Hashem could care for a broken soul. "*Ki avi v'imi azvuni Va'Hashem Yaasefen*" - everyone else gave up on me, besides for the malachei Hashem that run GYE.

"Giboir" writes:

I was away from home and spent three nights alone in a hotel room. B'H, with the help of this website I managed to stay totally clean. I'm aiming for the full 90 days and more!

Sol R. Writes:

I get tremendous chizuk from the daily emails. I have chosen to eliminate internet access completely from my life, including at work. It's better than any filter. Nonetheless, I read the daily e-mails. I had someone else download [the handbook](#) and the [GYE attitude](#). They are great works. Thanks.

A Talmid Chacham's Story **Abuse, Pain, Hope & Peace**

The word addiction frightens people. I suppose that is because it *is* frightening. Let's try explaining with another word. How about abuse? It's one of those things, like the holocaust, that creates this odd little fellowship with all of its victims because, sure, you can sympathize, you can understand, you can help – but you don't know jack until you're that five year old with his father masturbating against his knee. The rest of well – we get it. We rode into the valley of hell, not by choice, and most of us didn't ride out.

Memories? I'm not into them. My memories are of broken glass mixed with broken dreams and affection only coming in one cyanide laced form, but when your starving you'll drink arsenic with a side of kerosene, if it would just quench your thirst.

Thirst.

Damn it. Do you know what thirst is? Thirst for love, thirst for companionship, thirst for someone to give a damn, thirst for something, someone, thirst for some outlet in your personal hell on earth wondering what the f** you did in another life to deserve this...

Because deserve it you must. Maybe if you were a good boy, or didn't lose that buck fifty, or read my mind for what the hell I was telepathically thinking before you need to punished – again. And again. You piece of sh**. Sh**. Worthless. Nothing. Non existent. And being told this by those who brought you into existence.

And so you hate yourself. Every fiber of your being, every fiber of your existence. There is no way to feel good – except for one. The escape – escape! Escape from me! Escape from being! Escape from breathing (like that suicide attempt at 14)...pornography! Acceptance! It makes no demands, always comforts, always medicates...

You make some discoveries. You discovery that you're smarter then 98% of the population, and you start to run with that. Maybe then I'll feel good. You apply and get accepted by a number of the finest Yeshivas in America. Maybe then? You are at the absolute top of your shiur. Yet the burn doesn't end. You travel to Eretz Yisrael, and wait for comfort. Yet comfort doesn't come. Merely from one source. You become a confidant of some of the Gedoley HaDor, you master vast amounts of shas...pain....and porn.... Between chaburo's....

You return to America, a young man in demand, carrying terrible secrets. You figure that finally, finally, marriage will surely solve everything. Instinctively, you avoid shidduchim of money and yichus and find a magical young Bas Yisrael who finally brings some comfort to your soul. But after the chuppah, intimacy hits a brick wall. Something is wrong. Terribly wrong...and your final and most absolute hope begins to crumble before your eyes. And suddenly the wheels of the Egged buses become so appealing...as does every woman in the street. From any age. Yes, *then* I would be happy...

And then, during random web surfing, you find hope. I found GYE. Suddenly, I wasn't alone. I wasn't the only one who suffered abuse – so many of us have. There were so many resources for how to deal with my addiction. I began posting on the forum. Finding understanding – understanding my beloved wife could have never given me – began to flow. Yes, *we too suffered. We too fell. And we too have found freedom...*

I got educated. I discovered that I wasn't bad or broken; I was ill. I saw that there were tools to deal with – 18, as a matter of fact. If one didn't work, another would. Suddenly the possibility of happiness became real to me. And on the flip side – if I didn't deal with and continued my façade – my children, too would find no comfort. That was the horror and the reality.

I found comfort. My habits began to fall away. Finally, after e-mailing Guard (our guardian angel, if you're wondering) – he recommended a therapist. Taking the plunge of being honest – *which I could have never ever done without the forum as a middle step* – with a real human being, recommended and vetted by the people who *knew*. And suddenly I saw all that I had kept under the surface. Under the skilled care of my therapist, the pain and agonies of the past came to this surface, and slowly evaporated away. Myself and my wife have entered marriage counseling - and she's started to smile again. Her children will have a father. And she will have a husband.

And that's where I am now. I am clean, and still moving towards serene. Perhaps I will need another therapist. Or maybe an SA group. Whatever it is, I now know that I will do whatever I must to find the cure that I need. But GYE teaches us that we can get the help we need. And that we can be successful. Where until now did I have to turn? Show my face in a referral agency? Are you kidding me? And heck – who has this kind of expertise?

But realize this – I am charismatic, brilliant, learned and well liked. I probably will get a fine position someday in either chinuch or Rabbanus – and no background check will ever find the pain I carried. I have never hurt anyone; but 80% of abusers were abused. Now I can say that I never, ever will. I couldn't say that before. Who knows where the burning would have led me? I don't know. But I know that GYE saved me. That gateway is what makes all the difference between getting the help you need – or putting everything in a sealed box until all hell breaks loose.

Thank you, GYE!

Jew-In-Pain's Story

Posted on the GuardYourEyes Forum on March 17, 2010

I am 29 years old chasidish, and married for over 10 years with children. I've had a crazy upbringing, crazy family, painful teen years, & a painful life overall. That's why I call myself JIP = Jew in PAIN

I grew up in a very large family. My dad never worked, so we never had any money. Since he was often home, he had a lot of extra time to harass us kids. We moved around the world often, which made things "really nice" - being newcomers every few years. Of course, daddy is a very big Talmid Chochom, since as a youngster he learned most of his days, but as our Sages in Avos already said; learning alone isn't enough to keep you sane. But I guess he was smarter.

In cheder I was a very good kid; naive, eidal, & a good learner. I never made any trouble in cheder. I did make trouble at home, since it was a hellish place in which to grow up.

I was molested at age 9. Ever since then, I am in pain - terrible pain. On the outside life continued as normal, but deep inside I was torn apart from guilt, shame, fear, and all the rest. I buried the pain within me. I never told anyone, as I didn't have whom to tell. Even if I'd have had the courage to tell my melamed, I would probably have been taken into the 'makos room' and been given my 39 makos for being such a bad boy.

I grew up & became a bucher, burying the secret even deeper. In yeshiva, I had all the normal struggles teens have, as well as needing to resist the advances of a friend who just wanted to have some inappropriate 'fun' and inadvertently add salt to my open wound.

I left that yeshiva at age 14, and went to a small yeshiva for one z'man. That's when dad got his share 'big time'. One of my family members went completely off the derech. This caused his power to crumble a bit. For those few months, I was sent to live elsewhere, and at 14 ½ I was shipped off to Israel; probably the youngest American boy in Jerusalem. In a certain way I felt free, as I didn't need to keep up with the monster, & I didn't even call home for the first few months.

I have just given you a VERY short diary of what happened through the years until now. But I just don't have the energy to dig it all up and expose it, as I will probably make my desk here wet from tears.

I was in Israel for four years until I turned 18, and then I came home to get married. But as had happened in the past, no Yeshivahs wanted me. During the previous z'man in Israel, I had major financial issues, became a heavy smoker and had dropped it all. So I didn't know enough to pass the farher/interview. But we made some phone calls here and there, and I got in a good yeshiva in NY, where I earned a very good name right away.

After one zman, I became engaged to the girl my JERK FATHER picked for me. I had no choice, and married the frummy he wanted, went to Kolel, and played along. I was miserable as hell 3 months into the marriage. I bought porn magazines and

started leading a double life. Not being allowed to work by my family, I had a lot of extra time on my hands. I became involved in chat rooms, adult forums, sex lines, & all the rest. Even after my wife stopped working and I entered the working world, I was busy chasing women.

Seven years into marriage, I finally told my wife that I am not happy with her. She promised to change for me, and did come forward a drop, but it still didn't help me much and I just got worse and worse. B"H I never met-up with anyone in person so my hands are clean, but my mind & heart are all messed up from years of doing the wrong things. Over the past three years I have had suicidal thoughts, and if not for the kids, I would have done it without blinking an eye.

I reached a breaking point a few months ago, and decided I needed professional help. My wife now knows about my molestation but feels she is not a part of the problem, since I am the abused spouse. But let's not discuss that here.

So here I am. I've spent 20 years of my life in garbage and didn't accomplish anything. If Hashem would give me the chance to die today, I would gladly take it.

Life is full of struggles, and I know people always say "you can make it", "you can do it". I have tried throughout the years, but have come to a point that I unfortunately lost faith in Hashem. I am working on it really hard, but every few days when I hit a bump, I fall back.

I have written all this so you understand where I am coming from.

My advice to everyone is: **Don't keep secrets!** It cost me my life, my business, & who knows what else. It does not help to hide things.

On Day 56 clean, "JIP" wrote on the forum:

Hey guys, day 56. I can't believe how good you all make me feel, I feel like a drunk these days - like I had at least a full gallon of Vodka! I'm in a great mood and I'm mechazek everyone. I pray on a deeper level and I feel just happy to be a Jew and to have such holy brothers here. I know Hashem is proud of us all.

The Tiferas Shlomo says that Pesach night is not like any other night. On all other nights, Hashem visits the tzadikim at chatzos. But on Pesach night, He goes down to the *lowest* places, just as He did in Mitzrayim. He visits each Jew in galus, listens to us, and lifts us out of exile. This is the holy night ahead of us.

So fasten your seat belts! Hashem is going to take us for a sky ride, lift us out of this dirt and help us get closer to Him.

I thank all of you for helping me reach this stage. I thank Hashem for giving me the strength; without Him I can't make it. From now on, there is no turning back.

On Day 58 "JIP" wrote:

Thank you for all your support. I was so touched that so many of you care for JIP's pain that I literally found myself crying in the office while I was standing by the fax

machine. I cried to Him, and asked Him to show me my personal ge'ulas Mitzrayim. I told Hashem, my kids need a normal father, and that I too deserve to finally be normal. I want His help as I know only He can do this for me.

I once heard that when King David composed Tehillim, he included all the possible struggles & pains that anyone in this world can go through. So I said a few chapters of Tehillim, as my struggle must be included there too.

I know He will help me soon, as He is the only one who is capable of doing so, and He certainly wants to.

On Day 65 "JIP" wrote:

B'h another good week passed, filled with kedusha. I experienced a very holy Pesach this year - I am clean for over 2 months. Isn't that a nice Korban Pesach???

On Day 80 "JIP" wrote:

My dear friends, Friday is almost over, and I have to publicly state THANK YOU HASHEM, you guys made my day! I'm in such a happy mood. This Shabbos will be so meaningful after such preparation. I'm almost crying just thinking about the beautiful z'miros tonight. How lucky that we are Jews, that we actually live for Someone and for something. Wishing everyone a holy Shabbos...

On Day 90 "JIP" wrote:

90 days! I owe a thank you to everyone for helping me get here, but the biggest thank you, of course, goes to Rabbi Guard. I don't know of anyone in our generation who has created anything as powerful as Guardyoureyes. I am totally indebted to you.

I wouldn't have managed without the help of my fellow members, who gave me constant chizuk & advice. A special thanks to those who shared their personal experiences & those who were in touch with me offline. They gave their time and concern for a fellow Jew whom they don't know & most likely never will. That's real chesed shel emes. You didn't let me down in my darkest days - and there were many, days when I wished I'd never been born and was contemplating suicide.

When I first joined this site, I felt like a young child. I was overwhelmed by what was going on here and what was going on in my own world. Everything seemed so far away and foreign. After a while I changed my mind-set and started moving; asking questions, getting answers, arguing about this addiction. At first, I rejected the "addiction" label. Eventually I decided, *"who cares what it's called; sickness, struggle, addiction or any other sweet name? Either way, it's a blockage in a person's mind, holding him back from himself and from growing closer to Hashem"*.

I would like to share a few things I learned, which might help others:

1. A **strong filter** is imperative. There is no way to overcome this with open access to all the dirt on the web.
2. We need a safe group of friends such as on GYE, where one may discuss, vent, ask or share with others who really understand and care.
3. Understand that this addiction is VERY harmful. Get out as soon as possible!
4. Feel yourself at rock bottom, and understand that you can no longer afford to fail. Believe that you can do it!
5. Honestly analyze yourself and realize that this may require outside help such as a therapist, an understanding rabbi, an older friend, etc. In most cases, this behavior stems from some other problem within you that caused this addiction.

Guardyoureyes often mentions that it takes 90 days to break a habit. I am not sure how it works and I really *don't care* how it works; all I know is that **it does**. I now have only a very tiny urge to go back to the old bad stuff such as porn and masturbation. I no longer see it as "my problem solver" anymore, and I look back on all the years I was doing it with disgust.

Does it mean that I am never going to fall back? Not necessarily, but at least I now have the will to succeed. I know that in order not to fall, I need to keep my eyes and mind as clean as possible.

I have also learned over these three months that Hashem is in control. Turn to Him whenever you feel down. He doesn't charge, is within reach anytime and anywhere. All it takes are a few simple words from your heart. I cried to Him many times over this period and always felt much better afterward. Picture Hashem standing next to you, watching everything you do. **And know that he is proud of you!**

Today JIP is clean for over 4 months