

Starting to fall again

Posted by teshuvanow - 13 Apr 2011 12:57

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In short, After 3 years of CRAP I was doing pretty well for about 9 months and now i feel as if i am on my way back down. I just realized how dam smart the Yetzer Horah is. I cant believe he got me to fall 4 times, I thought we said just once. I feel like the biggest fool.

Anyways, I have fallen like 4 times since my 9 month clean period. The hardest thing is that I havnt been feeling all that well (Physically and emotionally) which makes things sooo much harder cuz I dont daven properly and hardly learn. I realized Depression is one of the worst things out there to get one to fall. But what could I do? Its like trying to fight the Yetzer Horah with no ammunition. I dont know if i am that addicted because when i am davening and learning well, I could fight him pretty good. But what do I do If I cant Daven and Learn and dont want to fall? I had enough of this crap. but Im scared of my Yeter Horah. I feel powerless.

Someone help. I really dont want to go back down that path. I felt so good being free. but I know this feeling wont last too long. That beast is gonna start playing up again in a few days, and i need to have something to fight him with. Any ideas????

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Re: Starting to fall again

Posted by WeWillWalk - 13 Apr 2011 13:05

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Hi my friend. Don't think about tomorrow. Just today, to stay clean today. Or not even today, just this hour. Or if not this one hour, then for the next five minutes. Take a look out the

you're falling. Keep on posting if you feel

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Re: Starting to fall again

Posted by Kedusha - 13 Apr 2011 13:14

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See below for everything you need to stay on track!

**Welcome to our community, you have finally come home!**

Once you've arrived, there's no turning back. Everyone here will just grab a hold of you and pull you up with them!

[GYE Program in a Nutshell](#): *(Right Click the link and press "Save Link/Target As" to save the PDF file to your computer).*

'Guard Your Eyes' offers a unique approach to helping people by recognizing that there are many different levels in the struggle for "*Shmiras Ainayim*" and "*Shmiras Habris*". After studying the experience of hundreds of religious strugglers over the past few years, we put together the suggestions and recommendations that we feel are best for the various levels. We divided the tools, features and services that GYE offers into 8 different levels. This "[GYE Program in a Nutshell](#)" can help people quickly identify at what level of the struggle they are at, and which tools and features would help them most at their particular level.

**Here are some quick things you can do to help you jump straight into recovery:**

1) Make sure to install a strong filter. It will be almost impossible to break free of this while having all the garbage within a mouse click away. See [this page](#) for one good filter option, along with instructions on how to install it best – and give away the password to our "filter Gabai"... See [this page](#) for another 20 (or so) filter ideas and information... We also **highly advise** installing "Reporting Software" such as [webchaver.org](http://webchaver.org) to give you some accountability, because filters alone are usually not sufficient and they can often be bypassed.

2) Join the [daily Chizuk e-mail lists](#) to get fresh chizuk every day.

3) Scientific studies have shown that it takes 90 days to change a neural thought pattern that was ingrained in the brain through addictive behaviors. Did you join the [90 day chart](#) on-line?

Sign up [over here](#).

4) Post away on this forum! You will get tons of daily Chizuk and support. This disease can't be beat alone. It works best when you **get out of isolation!**

5) GuardYourEyes also offers many free anonymous phone conferences where you can join a group of other frum Yidden, along with an experienced sponsor. See [www.guardyoureyes.org](http://www.guardyoureyes.org) > Tools > Phone Conferences for many different options. Our conferences are taking place every day, morning, noon and night... Joining a phone group would be a tremendous step in the right direction for you and help you learn freedom from this addiction. Not only will you learn the secret of the 12-Steps – which is known to be the world's most powerful program for beating addiction having helped millions world wide, but the daily call will be another way of GETTING OUT OF ISOLATION and connecting with others who are going through what you are.

6) If you need more general guidance, write to our e-mail helpline at [gye.help@gmail.com](mailto:gye.help@gmail.com) or call our hotline at 646-600-8100.

7) Download and read the "[Guard Your Eyes Handbook](#)". This handbook outlines the GYE approach in detail, and makes our network much more effective and helpful for people. **The handbook has two parts:**

A) The first part, "**Attitude & Perspective**", details 30 basic principles to help us maintain the proper attitude and perspective on this struggle. Here are some examples: Understanding what we are up against, what it is that Hashem wants from us, how we can use this struggle for tremendous growth, how we can deal with bad thoughts, discovering how to redirect the power of our souls, understanding that every little bit counts, learning how to bounce back up after a fall, and so on and so forth...

The second part, "**The 18 Tools**", detail suggested tools and techniques, in progressive order, beginning with the most basic and fundamental approaches to dealing with this addiction, and continuing down through increasingly earnest and powerful methods. No matter what level our addiction may have advanced to, we will be able to find the right tools to break free in this handbook!

**May Hashem be with you!**

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Re: Starting to fall again

Posted by teshuvanow - 17 Apr 2011 04:09

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I G-d

Willing will get it changed before Pesach and cancel the internet on my phone.

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Thanks everyone for your help. I do have a Filter, but have found out the password