

Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP  
Posted by Shteeble - 10 May 2011 17:01

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The purpose of this thread is to ensure that we spend at least a minimum amount of time each day working towards breaking free from lust.

GYE has so much to offer each of us. After being on the site for a while however, the excitement wears off, and we can forget that there is work to be done.

To join in this group, all you need is to agree to try to spend a minimum amount of time each day breaking free. No long term commitments or kabolos of any sort are required. If you think there is a good chance you can do this for three days straight, feel free to sign up! The actual amount of minutes to commit to is up to you!

What exactly QUALIFIES for REAL WORK toward breaking free varies from person to person. You set your own rules. I know, for example, that for myself, simply mindlessly browsing around GYE does not cut it. That ends up being more of a "leisure time" type of activity. An example of REAL WORK for me might be reading the chizuk emails or going through the handbooks in a systematic fashion.

The yetzer horah makes sure that I forget that I need to do REAL WORK in this area.

Please post to sign up, or any questions or comments. Please keep us updated as to how well you are keeping to your commitment of a daily minimum amount of work on breaking free.

Take a look at this! It's from tool #2 in the handbook.

As we discussed, guarding our eyes is the starting point, middle point, and the final frontier of this

struggle. Even when we have already learned to control the more seriously damaging addictive behaviors, we may still find that it takes us yet another few years to learn how to fully surrender our lusting to Hashem and gain complete control over our eyes. So don't get discouraged if you break free of the inappropriate behaviors but still find it difficult to guard your eyes on the street. It

is a process. But if we stay determined to get our lives and priorities back on track, we will see progress in this area, slowly but surely. And we must progress. Staying in the same place keeps us vulnerable to relapse, and if we don't try to move forward a little every day in learning how to guard our eyes, we will remain susceptible to being drawn back into the harmful addictive behaviors as well.

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Re: Minutes a day to break free - Join In!  
Posted by Shteeble - 10 May 2011 17:02

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I'm signing up. I'd like to try for fifteen minutes of work a day towards breaking free. I will try to commit to this for one week, and then take it from there.

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Re: Minutes a day to break free - Join In!  
Posted by Shteeble - 10 May 2011 18:05

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I did my fifteen minutes for today B"H.

I feel accomplished.

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Re: Minutes a day to break free - Join In!

Posted by Shteeble - 11 May 2011 16:18

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If you have questions or comments, you can also PM them.

(no hi's or kvetches please. Keep those in the designated threads. Thank you.

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Re: Minutes a day to break free - Join In!

Posted by Shteeble - 11 May 2011 17:13

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I did my fifteen minutes for today.

It wasn't that difficult.

Slow and steady progress.

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Re: Minutes a day to break free - Join In!

Posted by Shteeble - 13 May 2011 00:47

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I did my 15 minutes for today. Interestingly enough, I couldn't do more than 13 minutes in one shot. I just finished up the last 2 minutes!

(Yosef, did you read that? ;D )

This was the most productive part of my day!!!

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Re: Minutes a day to break free - Fine, DON'T JOIN IN! SEE IF I CARE!  
Posted by shomerbris - 13 May 2011 06:09

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I'm in. 5 minutes a day for me.

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Re: Minutes a day to break free - Fine, DON'T JOIN IN! SEE IF I CARE!  
Posted by Shteeble - 13 May 2011 12:16

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Congratulations!

keep it up!

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Re: Minutes a day to break free - Fine, DON'T JOIN IN! SEE IF I CARE!  
Posted by Shteeble - 15 May 2011 02:45

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B"H I did 15 minutes Friday Night, and 15 minutes Motei Shabbos.

I'm doing this 15 minute system for less than a week, and already B"H B"EH I am seeing progress.

I hope this encourages others to try this approach.

Real work works if you work it and you're worth it.

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Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP  
Posted by Yehuda0612 - 15 May 2011 04:55

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I'm gonna' go with 5 minutes a day for this week.

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Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP  
Posted by Blind Beggar - 15 May 2011 05:08

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I'll try 5 minutes a day for a week on the Forum or reading the old emails on the website, some of them are really great. What exactly are you going to do with the Woodford on top?

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Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP  
Posted by ben durdayah - 15 May 2011 08:26

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Okay, so you got me to look.

Now where's my Woodford?

P.S. 5 minutes bl"n u'vli shvuah etc.

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Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP  
Posted by Shteeble - 15 May 2011 13:39

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[ben durdayah wrote on 15 May 2011 08:26:](#)

Now where's my Woodford?

Here it is!

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Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP  
Posted by Shteeble - 15 May 2011 13:40

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Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP  
Posted by Shteeble - 15 May 2011 17:53

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B"H I did my 15 minutes for today.

It adds up.

It adds up.

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Chevra, Moiradik! Keep it up!