

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

---

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.

=====

Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP  
Posted by mnman415 - 23 Aug 2011 03:48

---

nu...

have you been putting in minutes a day?

=====

Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP  
Posted by Shteeble - 23 Aug 2011 11:03

---

Something tells me that the last time i did that was somewhere around June 21st.

=====

Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP  
Posted by mnman415 - 24 Aug 2011 01:26

---

so nu,

its never late to start putting in minutes a day:)

=====

Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP  
Posted by Shteeble - 24 Aug 2011 16:04

---

I'm not ready to go back to that.

I need more flexibility.

=====

Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP  
Posted by stillgoing - 06 Jan 2016 20:32

---

[Shteeble wrote:](#)

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.

Gosh! Is this group still open? And can I join? And if not, why not?! (to the first question - hopefully:dry: )

=====

Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP  
Posted by Shteeble - 07 Jan 2016 05:57

---

Sure it's open.

just bring your wd40.

=====

Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP  
Posted by stillgoing - 07 Jan 2016 17:15

---

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.

), but AM I GOING  
TO BE THE ONLY ONE HERE?! It can get pretty expensive running the heat for only one guy.

=====

Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP  
Posted by Shteeble - 07 Jan 2016 20:46

---

I would be happy to join you, but don't expect a minyan.

just grab a solar panel and a buddy heater.

this thread never kicked off, although i tried.

you win some; you lose some.

it's not for all folks.

=====

Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP  
Posted by stillgoing - 08 Jan 2016 01:01

---

ok, so today I hung around gye which is good (although I could have avoided the computer

=====

Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP  
Posted by Shteeble - 08 Jan 2016 11:58

---

I think the idea of this thread is more of a commitment for putting in the time in the future;

not so much as a log of what was already done.

Commitment is the key.

)

=====

altogether which could have been better). I think they can count for me. Anyone else?  
Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP  
Posted by cordnoy - 08 Jan 2016 13:29

---

[Shteeble wrote:](#)

I think the idea of this thread is more of a commitment for putting in the time in the future;

not so much as a log of what was already done.

Commitment is the key.

)

(and I guess I'm waiting for a push to commit.

Hey, now that it seems you're here to stay for a while, can you bring us up to speed please?

What has worked?

What hasn't?

Thanks

B'hatzlachah

=====  
=====

Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP  
Posted by Shteeble - 08 Jan 2016 14:42

---

sent pm

=====  
=====

Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP  
Posted by stillgoing - 27 Jun 2016 14:42

---

[Shteeble wrote on 08 Jan 2016 11:58:](#)

I think the idea of this thread is more of a commitment for putting in the time in the future;  
not so much as a log of what was already done.

Commitment is the key.

)

(and I guess I'm waiting for a push to commit.

Alright, i know the title says minuteS, bit i'm gonna start small with one minute.

(At least) One minute bl'n a day from today untill R'C tamuz.

Shteebs, are you gonna join me? Solar panel is up and pumping.

=====

Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP  
Posted by Shteeble - 27 Jun 2016 19:13

---



---

[stillgoing wrote on 27 Jun 2016 14:42:](#)

[Shteeble wrote on 08 Jan 2016 11:58:](#)

I think the idea of this thread is more of a commitment for putting in the time in the future;

not so much as a log of what was already done.

Commitment is the key.

)

(and I guess I'm waiting for a push to commit.

Alright, i know the title says minuteS, bit i'm gonna start small with one minute.

(At least) One minute bl'n a day from today untill R'C tamuz.

Shteebs, are you gonna join me? Solar panel is up and pumping.

one minute, huh...

hmmm

=====

Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP  
Posted by Shteeble - 29 Nov 2016 15:35

---

[Shteeble wrote on 10 May 2011 17:01:](#)

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.

20 minutes a day, next 3 days, bli neder

=====