

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!!! PRETTY PLEASE WITH A WOODFORD ON TOP  
Posted by Shteeble - 27 May 2011 20:21

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Crying is real.

How often do we actually cry over our aveiros?

Very valuable.

Thank you for the chizuk.

Tamshich Trucking

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Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP  
Posted by Shteeble - 29 May 2011 03:56

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B"H I did 15 minutes Friday night, and 15 minutes Motze Shabbos.

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Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP  
Posted by Shteeble - 30 May 2011 03:58

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B"H I rememberd just before going to sleep that I still need to do my 15 minutes.

Chevra, I would like to say that these 15 minutes a day have enabled me to read through the entire gye handbook for the first time. (I'm a slow reader.)

I've been around this site for over nine months, and this is the first time I made it through the handbook!

... and this is just ONE of the many tools of gye.

I started the handbook over from the beginning, as is recommended, to go through it slowly, following through on all the relevant links.

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Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP  
Posted by Shteeble - 31 May 2011 03:16

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B"H I did 15 minutes today.

I posted on the accountability ~~thread~~ board.

Where is that board holding?

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Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP  
Posted by Shteeble - 31 May 2011 03:19

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Chevra, since starting this thread I have been zoicheh to 5 hours and 15 minutes of "real work"  
toward breaking free. It's been only 21 days!

Compare this to 0 hours of "real work" in 21 days.

It's Ainoi Doimeh.

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Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP  
Posted by geshertzarmeod - 31 May 2011 06:40

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shteeble! youre gevaldik!

Great idea!

Im in for 10 minutes a day

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Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP  
Posted by geshertzarmeod - 31 May 2011 09:39

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i did my 10 minutes and it turned into a half an hour!

thanks!

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Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP  
Posted by Shteeble - 31 May 2011 14:15

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Gesher, that's FANTASTIC!

keep it up.

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Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP  
Posted by Shteeble - 31 May 2011 15:28

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B"H I did 17 minutes today.

I'm going through the handbook again, this time slowly, looking into the links on the pages.

Right now I'm like stuck on a link in a link in a link in a link (or something like that).

There is so much material to study.

Let's do it!

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Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP  
Posted by Shteeble - 01 Jun 2011 14:22

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B"H I did 15 minutes today.

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Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP  
Posted by Shteeble - 02 Jun 2011 16:28

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B"H I did 16 minutes today. I am going through the handbook with the links, and the links in the links in the links. I feel like I'm traveling in a time machine to the early (earlier) days of gye. A nice piece of history!

Kol tuv.

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Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP  
Posted by Shteeble - 03 Jun 2011 21:34

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B"H I did 17 minutes today.

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Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP  
Posted by geshertzarmeod - 05 Jun 2011 11:33

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have not been on the computer and all my stuff is there, so I havent been keeping up. gotta figure out a different solution.

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Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP  
Posted by Shteeble - 05 Jun 2011 12:18

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B"H I did 15 minutes last night.

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