

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.

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Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP
Posted by Shteeble - 07 Jun 2011 01:51

B"H I did 15 minutes tonight. I am now working on

Tool #1.

Attitude and Perspective.

I plan to read through the Attitude Handbook BE"H as part of the work for Tool #1.

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Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP
Posted by Shteeble - 12 Jun 2011 04:17

B"H I am up to date with my 15 minutes each day.

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Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP
Posted by Shteeble - 13 Jun 2011 02:43

B"H I did 15 minutes today.

I'm reading the Attitude Handbook.

Looks great.

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Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP
Posted by ZemirosShabbos - 13 Jun 2011 15:25

Rebbe Shteeeeeeeeeeeeeeble,

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it is so good to hear of your constant effort and how you made yourself such a good habit

chazak ve'amatz

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Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP
Posted by Shteeble - 13 Jun 2011 21:27

Thank you Zemmy!

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Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP
Posted by Shteeble - 14 Jun 2011 04:03

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 - 15 Jun 2011 03:47

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 ZemirosShabbos - 15 Jun 2011 15:51

shteeble people are the happiest around...

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Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP
Posted by Shteeble - 15 Jun 2011 21:47

and 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 - 17 Jun 2011 04:47

B"H I did 16 minutes tonight.

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Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP
Posted by Shteeble - 19 Jun 2011 04:50

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

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Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP
Posted by Shteeble - 20 Jun 2011 03:38

B"H I did 15 minutes tonight. I am upto Attitude #24 in the Attitude Handbook.

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Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP
Posted by Yosef Hatzadik - 20 Jun 2011 21:46

How many minutes are that cumulatively? :-*

Reply **#57** & **#57** were both posted on the same day (June 19), I needed to look at the time posted to make sure you weren't cheating..... :-\ :o

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Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP
Posted by Shteeble - 20 Jun 2011 23:06

I'll honor you with the math!

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