

I am going out of town for 24 hours
Posted by taharah - 13 Jul 2011 12:05

I am leaving town in an hour travelling with public transport, I am not in a good mood because I got up late this morning I know that I have two options 1. - to let myself go loose and gaze at every woman then arrive at my destination feeling depressed worn out and irritable. 2. - to control my stupid illusions and focus on some reading material and arrive feeling good. which option should I choose?!! I hope to come back tomorrow eve and report good news (i don't have a pocket device with internet)

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Re: I am going out of town for 24 hours
Posted by helpfyi - 13 Jul 2011 12:49

not sure what the question is of course you should be a kosher jew! i hope you realized that yourself! and if not don't get depressed and look at more! keep strong!

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Re: I am going out of town for 24 hours
Posted by alexeliezer - 13 Jul 2011 16:18

[taharah wrote on 13 Jul 2011 12:05:](#)

(i don't have a pocket device with internet)

Me neither. And I plan to keep it that way.

Regarding your trip, you know that the only true happiness is being in control of your yetzer (and realizing Hashem is in control of everything else).

Awaiting your report. And perhaps your story.

Welcome!

Alex

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Re: I am going out of town for 24 hours

Posted by Holy Yid - 14 Jul 2011 06:41

Sounds like you know the answer but for some reason you don't want to act on it.

Wondering if you know why?

Hatzlacha on the trip

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Re: I am going out of town for 24 hours

Posted by taharah - 14 Jul 2011 16:40

Ok i'm back now and B"H with a happy heart, on the way there I got nervous with a shikseah who sat not far from me but B"H I knew not to take any notice

I think that the success is that hashem gave me the sense to prepare my self for the journey before leaving and not just going and finding myself suddenly in the battlefield.

thanks all of you for words of support

Alex, I must run now to my chavrusa (i'm trying to keep focused so although i've just returned from out of town and have a good excuse not to go learn I know that the right thing is to keep going - just doing the next good thing! not give in to excuses) I hope to let you have my story next time I come to my office and use my computer - I have no internet at home or on my trousers!

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Re: I am going out of town for 24 hours

Posted by ZemirosShabbos - 14 Jul 2011 16:44

gevaldig!

thanks for sharing good stuff

continued hatzlocha

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Re: I am going out of town for 24 hours

Posted by ZemirosShabbos - 14 Jul 2011 16:45

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.

and here is a 'welcome package'

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 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 from Yidden, along with an experienced sponsor. See 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 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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