

i fell and need to begin

Posted by sababa - 03 Aug 2011 15:25

Hello guys

I presented myself to the other forum and here I wanted to tell you what I think and what I go through

I fell 3 days ago and I am very discouraged and now I think about the pictures and the porn and sometimes I have 'wet dreams', it's even more frustrating to me

In the street very difficult for me and I do'nt want to fall

Guys anyone here has an answer to what should really keep the brit? this interested

Every time I get up I fall and discouraging

Hope I will not fall, because every second I feel Stimulation

Guys I admit my English is not so good

I still hope will ce'zuk you and I will also receive cez'ukim Hope you understand me

Thanks you very much

sababa

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Re: i fell and need to begin

Posted by mechazek - 05 Aug 2011 09:42

Sababa you are not the only one at all it is normal to want to see more pictures and think about the porn you saw. The question is why do you want to stop? It seems like it is not such a problem for you. You look then feel bad then look again. So why not keep on going.

these are questions that we must ask ourselves if we want to be motivated to change. What does it mean to us to be clean? If this is not clear we will not succeed. This is my am amaratzesdike opinion.

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Re: i fell and need to begin
Posted by helpfyi - 05 Aug 2011 13:04

[sababa wrote on 05 Aug 2011 07:42:](#)

Today I saw more images in the computer ..

I try but every site, there is a picture, I have to click it

I can not any more!

without a filter its like being in a room with a unclothed lady and saying don't look! of course we all would GET A FILTER its the only way, you can still "surf" but with the clean stuff.....

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Re: i fell and need to begin
Posted by JackAbbey - 05 Aug 2011 13:29

porn is like a lion in the cage, as long as the cage is locked you are the boss, but if there is a crack in the cage and the lion puts his paw out, then you are in real trouble, because he will attack you, not now but after an hour or so, therefore KEEP THE CAGE CLOSED AT ALL TIMES dont let a single crack to happen

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Re: i fell and need to begin
Posted by sababa - 05 Aug 2011 13:44

Thanks guys, nice JackAbbey but

I woke up now and I see that I had 'wet dream, because for the pictures

That discourage me! Every two days I have 'wet dream'

I'm depressed, it's hard!

Hope not to fall, Friday and Saturday is the hardest for me

It's any good my clean days?

I don't know what to do

Bye my brothers

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Re: i fell and need to begin

Posted by helpfyi - 05 Aug 2011 17:42

yo man wet dreams are nothing! its not in your controll! your first thing is to fix the depressed attitude, read the attitude hand book. being depressed is worse then a fall bec it makes you a lot worse then a wet dream of one fall. the YH is attacking you in this way to make you feel low get up don't think about and start now!

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Re: i fell and need to begin

Posted by mechazek - 06 Aug 2011 21:27

My dear Sababa it is so amazing to see you keep on posting.If you are looking at pictures during the day why are you surprised to have wet dreams?I am not trying to criticize or judge you I am just asking because I care.

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Re: i fell and need to begin

Posted by JackAbbey - 06 Aug 2011 22:42

sometimes when you dont look at women in the street, you then think oh! they are so nice, so

se*y, etc... and even if you didnt look, the image of some celeb comes in your mind, however if you think for a moment that at the times when you did look and stared at them they where nothing to get excited for, they did not cause you "wet dreams", so its just an illusion that because you did not look at her therefore the yetzer horo can make you imagine that who knows how nice she is, and the imagination has no limits, so its very important to understand that besides not looking at women its even more important not to bring the women in your brain, try for one day not to allow a single thought of anything of the sort, like the story of a barkeeper who closed his pub and later that night whan the customers came knocking at the door he answered them "I AM NO LONGER THAT OLD BARKEEPER" then you wont have anymore dreams, because the dreams follow the internal thoughts of the day to wander at night, try it and ask hashem with a few kapitlech of tehilim said slowly with a bit of kavono

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Re: i fell and need to begin

Posted by sababa - 07 Aug 2011 10:21

Guys don't kill me but today I saw pictures of women ..

All Saturday I thought the pictures I don't want to fall!

Friends, I feel that the YH really hard and I want to see more photos,

I want to do that.I feel 'excited' and it takes me I think about women all day

Friends is hard!need help

Thanks

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Re: i fell and need to begin

Posted by ben durdayah - 07 Aug 2011 10:26

[sababa wrote on 07 Aug 2011 10:21:](#)

Guys don't kill me but today I saw pictures of women ..

Sababa, nobody here is going to kill you.

But the way you are acting -you are killing yourself!

What actions are you taking to try and make sure that you stop looking at these pictures against your own best interests?

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Re: i fell and need to begin

Posted by mechazek - 07 Aug 2011 12:07

Sababa it is perfectly normal to want to keep on looking at pictures.

Are you masterbating to them is there progress from a few days ago?

If there is not any progess then let me have some chutzpah and ask you this:

Why do you want to stop is it because you feel guillty and horrible after you do it?

What is so bad about feeling guilty and horrible,a few minutes or hours you will go look at more pics for some time and then you will feel good while you are looking at the pics.Some half the time you feel good and half the time you feel bad.What is the big deal?

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Re: i fell and need to begin

Posted by sababa - 07 Aug 2011 12:44

I started today but I managed to stop in the middle

I think it's best for me not being on the computer

But I still find it difficult in the street

I will try, even though it was 'exciting' me

Thank you my brothers

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Re: i fell and need to begin

Posted by mechazek - 07 Aug 2011 13:32

kol hakavod lcha.

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Re: i fell and need to begin

Posted by Eye.nonymous - 07 Aug 2011 13:54

Shalom Sababa,

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.

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 frum 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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Re: i fell and need to begin
Posted by sababa - 08 Aug 2011 07:38

All the day I think about women!

It hard

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