

Recovery

Posted by sonofhades96 - 23 Oct 2011 12:35

Hey. I have been addicted to pornography and masturbation for almost a year now. Yesterday I took my first big step and installed the K9 filters onto both of my computers. Whats next?

=====
=====

Re: Recovery

Posted by Tzvi S. - 23 Oct 2011 17:58

change the email associated to k9 with GYE's e-mail filter.gye@gmail.com

that way you don't reset the password when your week...

www1.k9webprotection.com/support/email_change

let the GYE filter gabai keep the password for you.

Good luck

=====
=====

Re: Recovery

Posted by alexeliezer - 23 Oct 2011 21:15

What's next?

Guard your eyes from looking at women (covered or otherwise) in all settings.

Shoo away fantasies with tefilla as soon as they come.

Put a tefila in every shmona esrei asking Hashem to heal you from this addiction.

Avoid boredom. Focus your energies on things that will help you grow in ruchnius, intellectually,

and physically (exercise).

Stay away from computers. Don't waste your time with video games.

Read the GYE handbook.

How's that for starters?

=====
=====

Re: Recovery

Posted by nederman - 25 Oct 2011 01:02

Try going to an in-person sexaholic anonymous meeting in your area. They are easy to find on the web. You don't have to read the book, just show up and lay it out in person. You get a tremendous wind behind your back.

=====
=====

Re: Recovery

Posted by Yossi.L. - 25 Oct 2011 01:22

can someone post a link to all the gye basics for sono

=====
=====

Re: Recovery

Posted by ontheadgeman - 25 Oct 2011 02:04

Join the next phone in session, they cycle through a book. you need to do that.

=====
=====