

Addicted to the Guard Your Eyes website

Posted by newlife - 31 Oct 2011 02:07

I'm so hooked on this website. I'm on day 13 of 90 and day 13 of joining the forum. Is this good or bad? And I know most of you will say "better than being hooked on other things". Anyhow I thought its an interesting topic.

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Re: Addicted to the Guard Your Eyes website

Posted by Lonely Boy - 31 Oct 2011 18:45

So you think I should stay hooked?

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Re: Addicted to the Guard Your Eyes website

Posted by alexeliezer - 31 Oct 2011 18:52

On GYE. Yes. Until you're solid in your recovery.

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Re: Addicted to the Guard Your Eyes website

Posted by Lonely Boy - 31 Oct 2011 18:57

When does that happen?

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Re: Addicted to the Guard Your Eyes website

Posted by alexeliezer - 31 Oct 2011 18:59

Everyone's different. 90 days is a good general starting point.

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Re: Addicted to the Guard Your Eyes website
Posted by alexeliezer - 31 Oct 2011 19:11

The one thing I don't like about the chart is it can seem daunting. 90 days? No way!

One day at a time. One nisayon at a time. **One right choice at a time.** That's all we're ever asked to do. When you were a little child, did you ever think you'd be as old as you are today? You got to your current age the same way. One day at a time. Days become..... (I won't even say the word)

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Re: Addicted to the Guard Your Eyes website
Posted by geshertzarmeod - 01 Nov 2011 06:38

90 days does sound daunting and while i was going thru it the days were moving very slow
but the major benefit for me was the accountability

I wasnt paying so much attention to the 90 days (one day at a time, i was reminded over and over) but to the idea that if i fell I'd have to start over and worse I'd have to post that I fell.

I kept asking myself what are you going to write?!

look, do whatever you think works for you

but dont say you cant

you'd be surprised what you can do!

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Re: Addicted to the Guard Your Eyes website
Posted by DovInIsrael - 01 Nov 2011 13:28

lonely -

forget 90 days

learn to live in the present...this is the best GIFT the Creator has for you.

The PRESENT (ie, GIFT) lasts for 3-seconds!!

spending too much time thinking about what happened before is the PAST

Too much ahead of that is the FUTURE!

think you can handle the next 3-seconds...without worrying about the PAIN of the PAST,
or WORRYING about the FUTURE?

3-SECONDS!

start with that...

and then move up to 5 seconds...

then 10 seconds after you've mastered 5 seconds

once you've done 10-seconds, you can do this 3 x - and you have 1/2 a minute!!!

do 1/2 minute twice - you are up to a minute

are you getting it?

it all starts with goals you handle!

set the goals so that you can WIN!

YOU CAN DO IT! (with Hashem's help of course)

dov.ii

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Re: Addicted to the Guard Your Eyes website
Posted by mechazek - 01 Nov 2011 14:33

Each person must be honest with himself. My wife sometimes goes crazy from my addiction to gye so I must ask myself am I ignoring other responsibilities .

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Re: Addicted to the Guard Your Eyes website
Posted by alexeliezer - 01 Nov 2011 17:45

[Lonely Boy wrote on 01 Nov 2011 07:01:](#)

I can't stop m* for a day and definitely not 90.

Can you work on guarding your eyes?

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Re: Addicted to the Guard Your Eyes website
Posted by Yossi.L. - 03 Nov 2011 18:01

There's definitely some middle road.....the two times that I fell recently were both times where I hadn't posted on GYE for a couple days.....that's not a coincidence....however sometimes I do find myself to busy with it and reneging on other responsibilities.....there's a derech memutzah....we addicts are just not that good at "middle of the road. It's a good opportunity to work on it.

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Re: Addicted to the Guard Your Eyes website
Posted by gothika - 03 Nov 2011 22:13

I would have to agree with the stick around side. I think that the benefits outweigh the cons. However if you are running into either of these problems then perhaps consider limiting yourself to a certain amount of time a day.

1) Deciding to stick around GYE instead of going out with other people in your life, when you know that you would have enjoyed it. (obviously only if they were going out and that wouldn't create any further problems for you - Hamayvin Yavin

2) Not getting enough healthy exercise and other activities because you just have too many threads going on at once and you just can't leave

But still I must reiterate that I fall more often when I am too busy for GYE, so there must be a chochma to sticking around here in reasonable amounts.

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Re: Addicted to the Guard Your Eyes website
Posted by markz - 26 Nov 2015 13:46

Our **favorite addiction** has undergone changes, So make sure to update your bookmarked google link

It has changed from

<https://guardyoureyes.com/forum/recent>

to

<https://guardyoureyes.com/forum/recent/recent>

And don't forget the most important '*tzirufei osiyos*' ctrl+shift+N

Everyone occasionally finds themselves using a friend's computer or a public computer. No matter how much you trust your friends you may find that you are concerned with the possibility of leaving behind automatically saved passwords, cookies, and other cached data. Google Chrome has a built in solution to this problem. This solution is called "Incognito Mode" and can be activated with a simple keyboard shortcut. Simply press ctrl, shift, and "N" all at the same time. When you press ctrl, shift and "N" at the same time, an "Incognito Mode" browser window will be opened.

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Re: Addicted to the Guard Your Eyes website
Posted by markz - 26 Nov 2015 18:50

[markz wrote:](#)

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With the latest website update today, on all mobile devices, can someone help me please
EMERGENCY

MY BLUE TRUCK WAS STOLEN

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Re: Addicted to the Guard Your Eyes website
Posted by unanumun - 26 Nov 2015 21:36

[markz wrote:](#)

It has changed from

<https://guardyoureyes.com/forum/recent>

to

<https://guardyoureyes.com/forum/recent/recent>

I guess recent is not good enough. we need recent recent.

it is a progressive addiction

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