

So Difficult Yet So Rewarding

Posted by SoHard,YetSoRewarding - 20 Aug 2009 17:21

Hi heilige Yidden, I'm a newbie here. Will post my story soon (btw, where do you recommend I do that?). Also contemplating changing my username to my true name, although it will take some courage. I've also b"h been clean for 9 days now, so thank G-d for that.

In any case, I was kinda wondering if we can perhaps incorporate a twitter-like system (or perhaps use twitter itself) so that when someone gets an emergency he can alert some other members for help right away.

Any thoughts?

And any tech-savvy people who would know a thing or 2 about how to do such a thing without compromising ones privacy?

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So Difficult Yet So Rewarding

Posted by bardichev - 20 Aug 2009 18:06

HELLO HELIGE SoDifficult,YetSoRewarding (MY WIFE CALLS ME THAT NAME)

WELCOME ABOARD WE ARE BETTER THAN TWITTER

WE ARE HERE IN REAL TIME

WE ARE A TRUE CHEVRA

START YOUR OWN POST IN NEW TOPIC

THE GUARD IS A REAL REAL REAL TZADDIK

POST AWAY AND RESOLVE TO STAY HERE

IT IS THE BEST ADDICTION

bardichev

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So Difficult Yet So Rewarding

Posted by SoHard,YetSoRewarding - 20 Aug 2009 18:22

Yeah, but you responded 45 minutes after my post. Don't you think that is a bit too long in terms of a person being on the edge of the cliff in a REAL emergency?

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So Difficult Yet So Rewarding

Posted by bardichev - 20 Aug 2009 18:27

speak to guard

start your own post guard will welcome you in a heartbeat he is a tzaddik

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So Difficult Yet So Rewarding

Posted by Sturggle - 20 Aug 2009 18:29

SoDifficult, YetSoRewarding,

Welcome!!

45 minutes is not so short or so long for that matter. you have a point, though, if i may say so (Bardichev?). I'm not familiar with twitter at all, but am very unclear that their system would be better. Also, consider that people may have seen your post, that you did not express signs of emergency and they weren't sure how to respond otherwise to your questions. Looking forward to hearing more from you.

chodesh tov,

struggle

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So Difficult Yet So Rewarding

Posted by Someone - 20 Aug 2009 18:52

Hey, what about some sort of panic button that one could press in time of need. Then

Don't ask me about the technical part, maybe with a week time I could get something (maybe!), but I am too inexperienced to otherwise know how to do it.

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So Difficult Yet So Rewarding

Posted by hoping - 20 Aug 2009 18:53

Welcome!

I definitely would look forward to reading your story.

With regard to reaching out to someone in case of emergency, try contacting Guard about a phone sponsor or partner. Also there are hotline #'s available at some times.

Chazak V'ematz

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Re: So Difficult Yet So Rewarding
Posted by the.guard - 20 Aug 2009 20:32

Hi heilige Yidden, I'm a newbie here.

Welcome SoDifficultYetSoRewarding to our community! By the time you're here a while, you'll change your name to **SoFunAndSoFreeing!**

Once you've arrived here, there's no turning back. Everyone here will just grab a hold of you and pull you up, up, up!

Will post my story soon (btw, where do you recommend I do that?).

Right here on this thread!

Also contemplating changing my username to my true name, although it will take some courage.

No need. We'll just call you SDYSR for short. If you do change it, just first name please. This forum is all anonymous.

I've also b"h been clean for 9 days now, so thank G-d for that.

9 days is an excellent start! Would you like someone to sponsor you and pledge \$90 if you reach 90 days to GYE? That would be a big mechayev though. We need the money to advertise!! :D 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](#)...

We get cries for help every day, by e-mail and on the forum. *Tzuras Rabim Chatzi Nechama*
And that is why we created the GYE handbooks (links below). If you read them well, from beginning to end, slowly, and try to implement what you read, you will find the answers within them to enable you to completely turn your life around. **You're worth it.**

Also, join the [daily Chizuk e-mail lists](#) to get fresh chizuk every day, and 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!

GuardYourEyes also offers various free anonymous phone conferences, where you can join a group of other frum Yidden, along with an experienced sponsor. See [this page](#) for four different options. Our conferences are taking place daily, throughout the week... This 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 joining the group will be another way of GETTING OUT OF ISOLATION and connecting with others who are going through what you are.

Let me tell you a little about the two GuardYourEyes handbooks. They lay down the cornerstone and foundation of our work, and they make our network much more effective and helpful for people.

You see, until now, people would often get "lost" when coming to our website, not knowing what tips and techniques to try. For example, a beginner wouldn't jump straight into therapy or 12-Step groups, while on the other hand, someone whose addiction was more advanced wouldn't be helped by the standard tips of "making fences" putting in "filters" etc... So it was essential to develop a handbook which details all the techniques and tools to dealing with this addiction in progressive order. Now with these handbooks, anyone can read through and see what steps they've tried already, and if those steps haven't worked, they can continue on through the handbook where the steps become progressively more powerful and "addiction-oriented".

And the second handbook, called the "Attitude" handbook, can also help anyone, no matter what level of addiction they may have. Often people write in to us saying that had they only known the proper outlook & attitude that we try and share on the GuardYourEyes network when they were younger, they would have never fallen into an addiction in the first place! So we hope that through this handbook, many addictions will be prevented.

The handbooks are PDF files, set up as eBooks, and they have bookmarks and hyper-links in the Index, to make them easy to navigate.

Make sure to read them, they contain a wealth of information on beating this addiction! And I'd love to hear your feedback on them...

Note: You might want to print them out to read away from the computer. Keep in mind though, that if you do this, you won't be able to click on the many web links in the articles. But you can always come back to them later. The truth is, it's anyway good to go through the whole handbook once without clicking on links, just to get an overview of all the tools available. Once you did that, you can start again from tool #1 and read each tool through more carefully, click the links and study each technique and assess whether you have tried it fully yet or not...

Right click on the links below and select "Save Link/Target As" to download the handbooks to your computer.

1) [The GuardYourEyes Handbook](#)

This Handbook details 18 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. For the first time, we can gauge our level of addiction and find the appropriate tools for our particular situation. And 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!

2) [The GuardYourEyes Attitude](#)

The Attitude Handbook 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...

May Hashem be with you!

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Re: So Difficult Yet So Rewarding
Posted by Eye.nonymous - 21 Aug 2009 07:40

I don't know much about it, but I think Reb Guard can set people up with an accountability partner, which can even be over the phone. You can reach someone the instant you need help.

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Re: So Difficult Yet So Rewarding

Posted by SoHard,YetSoRewarding - 24 Aug 2009 01:56

Heilige Yidden:

I need to confess that in addition to my addiction (I've b"h been clean for 12 days now), I'm also a rabid sports fan; I could at times spend half of my day perusing sports websites. I feel that this is a big 'goirem' for my p*rn addiction (let's not kid ourselves, to say that the sports world isn't very clean would be an understatement), and I can't seem to get rid of it.

Lo and behold, I find it harder to detach myself from sports than from p*rn for any stretch of time.

Any ideas, anybody?

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Re: So Difficult Yet So Rewarding
Posted by bardichev - 24 Aug 2009 03:58

heilge tzaddik

you seem to have answered your

own qusetion

you see the YH is the best marketer in the world .the best.

the sin itself is not as sweet to us and on a deeper level to theYH as the build up to the sin is.

it is very difficult to tell a person

"do a grubbeh (Fat) aveira"

so hepackages it into sports into news into seemingly fair entertainment

and then BOOM!!

GOTCHA!! BIG TIME!!

MY HOLIEST CHAVER

FIGHT FIRE WITH FIRE!!

HE IS SNEAKING YOU SNEAK TOO

DAVEN A SHACHRIS TOMORROW

THAT WILL BANG IT OUT OF THE PARK.BE CREATIVE DO THINGS A LITTLE DIFFERENT
LEARN BEFORE

DAVENING TRY THE MIKVA

TAKE A SHIUR TO WORK IN A MP3

CMO'N SHAKE AWAY YOUR REGULAR

HEY WE ARE GOING INTO THE

"POST SEASON" WE NEED THE

"BIG BATS"

I KNOW MANY YIDDEN FOLLOW SPORTS I USED TO AND I GAVE IT UP YES I STILL
KNPW ALL THE TEAMS ETC. SPORTS BECAME A GATEWAY FOR CELEBRITY ***

you seem to know the answer to you question

as they say "NOW THE BALL IS IN YOUR COURT"

bardichev

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Re: So Difficult Yet So Rewarding

Posted by SoHard,YetSoRewarding - 24 Aug 2009 04:03

Oy Gevald, Barditchev, you're the best!!!

I can't help but wonder if I happen to know you in real life. . .

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Re: So Difficult Yet So Rewarding

Posted by bardichev - 24 Aug 2009 04:19

hey you never know!

I am sure we will meet when moshiach comes.

one who guards his eyes will get a ticket to "see" the ultimate spectator sport (khavi yachol)

between the shor habor and the levyasan .

keep on fighting

grow everyday

and fight the YH WITH A POSOTIVE ADDITUDE

IF YOU ARE DEPRESSED AND YOUR ELLUL AND TESHUVAH COME FROM SADNESS
THE YH IS COOL WITH THAT BECAUSE HE KNOWS HE STILL GOT YOU IN THE BAG.

SIMCHA HE CANT STAND

BE HAPPY THAT YOU CAME TO THE PLACE WERE YOU WILL FINALLY HIT A "IT IS HIGH
IT IS FARRRR IT IS GOOOOOOOOONE"

(a little phil rizzutto over here)

bardichev

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Re: So Difficult Yet So Rewarding

Posted by Sturggle - 24 Aug 2009 05:53

Hey So...,

R' Bardichev really is great! I was having a similar issue as you with TV. There was one particular I got into and it wasn't doing me so well, so now I haven't been watching it anymore. B'hatzlacha!!

[bardichev wrote on 24 Aug 2009 04:19:](#)

and fight the YH WITH A POSOTIVE ADDITUDE

IF YOU ARE DEPRESSED AND YOUR ELLUL AND TESHUVAH COME FROM SADNESS
THE YH IS COOL WITH THAT BECAUSE HE KNOWS HE STILL GOT YOU IN THE BAG.

SIMCHA HE CANT STAND

BE HAPPY THAT YOU CAME TO THE PLACE WERE YOU WILL FINALLY HIT A "IT IS HIGH
IT IS FARRRR IT IS GOOOOOOOOONE"

(a little phil rizzutto over here)

bardichev

Bardichev, really good point! I could really keep that in mind. I'm not having such an easy time
. Well,
something to work on.

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Re: So Difficult Yet So Rewarding
Posted by the.guard - 24 Aug 2009 11:37

Personally, as a kid growing up in the U.S, I could never understand what all my friends saw in
a bunch of goyim hitting or kicking or bouncing a ball around, so I'm not the best guy to help you
with this - as they say: "it takes one to know one"... But **Home Run to Bardichev!!**

But [Here's a sound file](#) you can listen to whenever you feel a need for "sports". (I uploaded it to
my server specially for you! :D)

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