

Some advice please!!

Posted by Luria - 12 Oct 2009 20:23

I am really hoping someone has some advice for me

The problem is as follows - much of my schooling is done online and often out of nowhere I just get these urges to visit all these websites I have held myself back from for so long. This led to the point that I had to physically walk away from my computer while working last week, in order to overcome this urge. It sounds stupid - I know its wrong but I am barely holding myself back. If I do give in I feel all my work and growth this past year will come tumbling down.

Im not really sure what I am asking. I guess does anyone have any advice/suggestions/tips? I have gotten a lot of chizuk from reading some of these forum posts and hope someone could give me some advice as well.

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Re: Some advice please!!

Posted by 7yipol - 12 Oct 2009 20:37

Luria, welcome.

As unique as your journey is, it is not unique at all.

We've been there.

Are there.

And together, will one day iyH say *WERE* there.

3 months is amazing, you have reason to feel good about yourself.

IyH being part of the group will help make the difference and help you along.

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Re: Some advice please!!

Posted by the.guard - 12 Oct 2009 20:54

Dear Luria,

Welcome to our community! What you describe is definitely an addiction, and the difficulties you are having are typical withdrawal symptoms. But your recent progress is very inspiring! Scientific studies have shown that it takes 90 days to change a neural thought pattern that was ingrained in the brain through addictive behaviors. So if you've been clean for 3 months, it really should start getting easier soon... 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. 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.

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 from 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: Some advice please!!

Posted by Holy Yid - 12 Oct 2009 21:04

Welcome. You are doing great things. Don't be hard on yourself. Follow the advice in the books and you will be on your way.

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Re: Some advice please!!

Posted by Holy Yid - 13 Oct 2009 01:37

This is common. The issue is not will power. You have a disease. Read up on addiction. That will help you understand this better.

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Re: Some advice please!!

Posted by Kedusha - 13 Oct 2009 04:17

Dear Luria,

Welcome! You're just joining us, and you're almost at 90 days! How wonderful!!

Keep up the great work!

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Re: Some advice please!!

Posted by Kedusha - 13 Oct 2009 04:42

It's always helpful to have some success to build upon. Boruch Hashem, you have that. Now

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Re: Some advice please!!

Posted by Eye.nonymous - 13 Oct 2009 08:18

Welcome to the forum Luria.

Three months is great! Keep up the good work.

Regarding your computer-school work, a filter will probably help alot. There's a lot of tips about filters on this forum. I recommend K9, it seems easy enough to set up.

Also, regarding your self-control praise. If you give some thought to your success with not overeating etc., [how do you manage, how can you hold yourself back] you are likely to find

continue building, my friend!

yourself some tools that will be helpful for dealing with p^{***}, too.

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