

So Happy to Be Here

Posted by chizkiyahu - 18 Oct 2009 16:09

---

I look forward to exploring the resources here on GYE. Eyes on the 90-day prize.

=====

=====

Re: So Happy to Be Here

Posted by strivingfortruth - 18 Oct 2009 16:10

---

hey

im new as well. check out my post. we will get through this together! ;D

=====

=====

Re: So Happy to Be Here

Posted by 7yipol - 18 Oct 2009 16:21

---

2 newbies! Great!

Welcome to the family :D

=====

=====

Re: So Happy to Be Here

Posted by Ineedhelp!! - 18 Oct 2009 16:25

---

Ah 2 holy yidden joining the mishpucha. what better news could i get on a sunday afternoon!

Feel free either of you to contact me at [Yiddle2@gmail.com](mailto:Yiddle2@gmail.com)

=====

=====

Re: So Happy to Be Here

Posted by the.guard - 18 Oct 2009 16:27

---

Dear Chizkiyahu,

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

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](#)...

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.

We get cries for help every day, by e-mail and on the forum. *Tzuras Rabim Chatzi Nechama*  
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!**

=====

Re: So Happy to Be Here

Posted by bardichev - 18 Oct 2009 18:14

---

YES WE CAN USE A TROIKA ON THE MENS SIDE

TIVU TIVU USHPIZIN ULAIAN!!!

RESOLVE TO STAY HERE 90 DAYS

READ BARDICHEVS BATTLE

SEE HOW MUCH FUN THIS GUTTWRENCING LIFE CHANMGING LIFESAVING BATTLE  
CAN BE

BOTTOM LINE ALL YOU 3

THANG G- AND GUARD I AM 7 MONTS CLEAN NORMAL HAPPY ETC..

POST AWAY SOMEHOW IT WORKS

=====

Re: So Happy to Be Here

Posted by kutan - 18 Oct 2009 20:51

---

[bardichev wrote on 18 Oct 2009 18:14:](#)

THANG G- AND GUARD I AM 7 MONTS CLEAN NORMAL HAPPY ETC..

POST AWAY SOMEHOW IT WORKS

Being a psycho PhD (joking), I can explain how it works

Its communicating anonymously. You start life fresh, but with all the experience you gained still inside.

SO, the primius of the yid can finally come out fresh and clean.

in real life, I NEVER talk to strangers. To shy etc.

=====

Re: So Happy to Be Here

Posted by Sturggle - 19 Oct 2009 08:54

---

Chizkiyahu,

WELCOME!!

gut chodesh!

=====

Re: So Happy to Be Here

Posted by 7yipol - 19 Oct 2009 09:03

---

[kutan shel hachabura wrote on 18 Oct 2009 20:51:](#)

[bardichev wrote on 18 Oct 2009 18:14:](#)

THANG G- AND GUARD I AM 7 MONTHS CLEAN NORMAL HAPPY ETC..

POST AWAY SOMEHOW IT WORKS

Being a psycho PhD (joking), I can explain how it works

Its communicating anonymously. You start life fresh, but with all the experience you gained still inside.

SO, the pnimius of the yid can finally come out fresh and clean.

in real life, I NEVER talk to strangers. To shy etc.

As usual, a lot of wisdom in this Kutans posts...

=====

Re: So Happy to Be Here

Posted by TrYiNg - 19 Oct 2009 14:00

---

Looking fwd to hear from you.

Many success on the road to 90!!

=====

Re: So Happy to Be Here

Posted by chizkiyahu - 20 Oct 2009 00:25

---

Wow, thank you all for the friendly welcome and the brachos. I wish I had known about this site sooner. Chazak v'ematz to you all.

=====

Re: So Happy to Be Here

Posted by the.guard - 20 Oct 2009 09:33

---

Feel free either of you to contact me at [Yiddle2@gmail.com](mailto:Yiddle2@gmail.com)

I really like the fact that yiddle offers his e-mail address... That's the way to go, guys! Why don't more people do that? We need to get in touch on a personal level with other people who are struggling, and stay in touch daily... Also, yiddle loves to chat with gmail... why don't others do this? Common everyone, post your (anonymous) e-mail addresses for other strugglers to have where to turn when they need that extra push, and also, LEARN HOW TO CHAT WITH GMAIL - it's a great little feature! (one day we'll have a whole chatroom network on GYE IY"H, but it's still in the works)...

=====

Re: So Happy to Be Here

Posted by Ineedhelp!! - 20 Oct 2009 13:03

---

Thanks Reb Guard, but to be honest I kind of do it more for myself (maybe more incentive to get veteran GUE members to do it). I find that its very theraputic bc its not too personal yet i still get a feeling of who im talking to. Ill post it again because i have the chance. If ANYONE would like



to chat email me or IM me at [Yiddle2@gmail.com](mailto:Yiddle2@gmail.com) anyone and everyone is invited.

-INH

=====  
=====

Re: So Happy to Be Here  
Posted by kutan - 20 Oct 2009 14:20

---

(guard knows this already )....

i humbly disagree.

People with a weakness in these areas should NOT be posting their personal email addresses here, even if anonymous.

It leaves an opening for them to be contacted privately by ANYBODY. that means anyone in the whole world-wide-world. And there are alot of crazy nut jobs out there, with enough savvy and smarts to come across as normal....

Here, everything is safe and monitored. Even the PM's are not REALLY private.... Guard can read them all (why do you think he doesn't have a free second ;D ;D ;D).  
I am the official GYE paranoid person >

kutan

=====  
=====

Re: So Happy to Be Here  
Posted by Me3 - 20 Oct 2009 15:14

---

[kutan shel hachabura wrote on 20 Oct 2009 14:20:](#)

(guard knows this already )....

i humbly disagree.

I am the official GYE paranoid person >

People with a weakness in these areas should NOT be posting their personal email addresses here, even if anonymous.

It leaves an opening for them to be contacted privately by ANYBODY. that means anyone in the whole world-wide-world. And there are alot of crazy nut jobs out there, with enough savvy and smarts to come across as normal....

kutan

Hey! Why are you calling me a crazy nut job!!

=====

=====