

Time to begin

Posted by Tzaddik Yesod Olam - 12 Nov 2009 01:14

Well here I am. 11 years of addiction to hotzaas zera le-vatalah and now a couple years of looking for inappropriate images on the internet. I thought I had solved the more recent problem, but I haven't, and both problems are from the same root. So here I am, because I can't solve these issues alone.

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Re: Time to begin

Posted by Noorah BAmram - 12 Nov 2009 03:10

Warmest welcome dearest dearest Yid,

Just by joining and posting on this holy site you have become a "bah Itaheir" and are already on Sanity Road.

I highly recommend Rabeinu Guards Handbooks and Chizuk email's, they help me tremendously in this insidious struggle!

With all the love in the world to a fellow struggler

Noorah from the house Amram

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Re: Time to begin

Posted by yrts - 12 Nov 2009 04:05

Welcome reb yid!!

I had the zera problem for a while, and b"h it stopped when i started saying tikkun klalli every day. My suggestion is to look into saying it every day until you feel that youve overcome the problem

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Re: Time to begin

Posted by the.guard - 12 Nov 2009 12:09

Dear *Tzadik Yesod Olam* - to be!

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!

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.**

Make sure to install a strong filter. It will be almost impossible to break free of this while having all the garbage within a mouse click away. See [this page](#) for one good filter option, along with instructions on how to install it best - and give away the password to our "filter Gabai"... See [this page](#) for another 20 (or so) filter ideas and information...

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](#)...

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!

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

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: Time to begin

Posted by kanesher - 12 Nov 2009 16:30

Welcome home buddy. Welcome home.

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Re: Time to begin

Posted by Tzaddik Yesod Olam - 13 Nov 2009 15:31

The problem is, I only come to this forum after I fall, not before.

I have K-9 as my filter, but it's too easy to get around.

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Re: Time to begin

Posted by shemirateinayim - 13 Nov 2009 15:51

Join the club, i only came here after slipping 3 time in the last week. but I'm here. and the reality is that I gotta stay with the program long-term. Even if only updating the wall of honor every few weeks. Listen, I remember my withdrawal period. It was absolute gihenom...in the spiritual sence too. you feel your neshama being torn from the gashmius that you made of your guf. the more Megusham you where in yuor life, the more you must be "purged" of it [pun intended]. here too, the more you are in it, the more physical, real, and tormenting pain/strain you will go through until it ebbs...then it's clear sailing from there (relatively)

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Re: Time to begin

Posted by Eye.nonymous - 14 Nov 2009 16:59

[Tzaddik Yesod Olam wrote on 13 Nov 2009 15:31:](#)

The problem is, I only come to this forum after I fall, not before.

I have K-9 as my filter, but it's too easy to get around.

First of all, see the instructions on this forum how to set up k-9. Make sure somebody else has the password, and that it is signed up on someone else's E-mail.

THEN, add to the BLOCKED keyword list. Sit down for a half hour and type in every single word that might come to mind when you're yeitzer is tempting you to search (I added probably about 75 key words, and NOW k-9 is quite good).

But, as you spend more time here, you'll find the real struggle isn't whether or not to search. The real struggle is working on your attitude and on getting life in order. You shouldn't even want to search--you've got too many other things, better things, that you're thinking of.

Welcome!

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Re: Time to begin
Posted by the.guard - 14 Nov 2009 20:00

I have K-9 as my filter, but it's too easy to get around.

See the instructions on [this page](#) (read also the comments at the bottom).

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Re: Time to begin
Posted by imtrying25 - 14 Nov 2009 20:12

Welcome TYO. Everyone is here for you. Hey and you even got a response from Rage already. That must be recordbreaking. Im here a little while and still havent gotten the Ragerster to post on my thread. Anyways back to more important things youve come to the right place. Here theres so much love you wont feel the end of it. Theres so much to learn from all the tzadikim on this site. Just reading other peoples threads has given me a tremendous amount of chizuck. So join the club and well be with you every step of the way. Through the ups and through the downs through the grass...mud...rain...sunshine...and all the other crazy thing life throws at you.

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Re: Time to begin

Posted by 7yipol - 14 Nov 2009 22:09

TYO,

Welcome!

Its never to late to start healing.

TAke advantage of all the tips and leads and handbooks etc

And start posting *before* the slip!

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