

Group 196

Posted by the.guard - 09 Dec 2016 12:50

---

Hi Guys! Welcome to group 196. The members of this group are:

- quiet
- Mober
- hopeful
- shua73
- Happydays
- will Succeed Beh
- Jacobinthewomb
- LifneiHashem
- Baruch\_Hashem
- vmoshe
- failedregent
- Shzal
- Hbowman
- AllForHashem
- new leaf See [this page](#) for more details on the goals of these groups.

For best chances of success, everyone needs to try and fulfill certain conditions. [See the conditions here](#).

So who will be the first to volunteer to lead this group? Post below and let's get the party rolling!

**??? ?? ?????? ?????? ?????? ????? ???**

Hatzlacha!

P.S. We are looking forward to hearing feedback from y'all about ways to make the group idea even better. Write to us please at: [eyes.guard@gmail.com](mailto:eyes.guard@gmail.com).

=====  
=====

Re: Group 196

Posted by quiet - 13 Dec 2016 19:33

---

Shua mentioned ybop. I googled it to see what is what about.

Watching these chochma b'goyim taamin videos is scaring the Dickens out of me:

[www.yourbrainonporn.com/dr-oz-show-addresess-porn-induced-ed](http://www.yourbrainonporn.com/dr-oz-show-addresess-porn-induced-ed)

BTW, something always strikes a funny nerve when I watch a female discussing how the male body works

=====  
=====

Re: Group 196

Posted by shua73 - 13 Dec 2016 19:41

---

[quiet wrote on 13 Dec 2016 19:33:](#)

Shua mentioned ybop. I googled it to see what is what about.

Watching these chochma b'goyim taamin videos is scaring the Dickens out of me:

[www.yourbrainonporn.com/dr-oz-show-addresess-porn-induced-ed](http://www.yourbrainonporn.com/dr-oz-show-addresess-porn-induced-ed)

BTW, something always strikes a funny nerve when I watch a female discussing how the male body works

I read some of the scientific research on the affect that porn viewing has on your brain, and I was blown by that. It scares me to know that if a psychologist would look at someone's brain they can see that their brain has damage from viewing porn. What's even more amazing is that through not watching porn your brain actually heals itself. I find it amazing that they can detect this physically. That it's not just that I feel certain ways ... But rather that it's got actual physical symptoms that can be detected if they'd scan my brain. That's just wow

=====  
=====

Re: Group 196

Posted by cordnoy - 13 Dec 2016 19:58

---

[shua73 wrote on 13 Dec 2016 19:22:](#)

[will Succeed Beh wrote on 13 Dec 2016 19:19:](#)

[LifneiHashem wrote on 13 Dec 2016 02:55:](#)

I have another thread and not sure how to balance it with this one. For now I just posted the news on both.

Got the same problem, i have got my thread, and this one, hard to post on both,

maybe i should just copy on both!

Any ideas?

If it's too hard I would just post here. I used to have a thread there too. But it's languishing all alone now. I find here to be better.

Ili fffound annnotherer stutttterer

=====

Re: Group 196

Posted by LifneiHashem - 13 Dec 2016 21:47

---

[quiet wrote:](#)

[LifneiHashem wrote:](#)

[shua73 wrote:](#)

I have been checking around on the forums and there seems to be a difference of opinion as to whether I should just somehow give up myself to hashem since I can't function anymore as is or is it possible to cut back and slowly grow and get rid of the problem. I am not claiming to be anybody's Rav but I wanted to hear the group's opinion on it. Personally, I think that if you read the book the first day of the rest of my life (downloadable on gye's website) you will find that both potentially work and it depends on the individual person. What are your thoughts? Can you help me clarify this better? The just give up idea is hard for me to relate to since I am not looking at porn so much that I could honestly say that it's unbearable. I think that a large part of it is that as frum Jews we know that it's wrong however it is very tempting and addictive to look at porn and to mzl. But just giving up is not gonna work if your main reason for wanting to quit is to do what's right not bc it's unbearable otherwise. I therefore think that there are those that would benefit more from focusing less on always being careful to not look and so on. I find that the more I think about not falling the faster I fall. However when I have other things to do I have a much easier time staying clean. Also a main trigger for me is being tired as I am much more

impulsive when I'm tired. In sum, it appears that for some people the more they focus on it, the more they have it in the forefront of their mind and are more prone to falling.

Like I said I am no expert in this topic and certainly don't know enough to claim this is the only method (I'll leave that for others) All I can say is for me personally coming to this realization (at least on an intellectual level- actually feeling/believing takes more work) has been the defining difference between the past 100 days vs the last roughly 7,665 days.

How much older than 21 are you lifnei?

I'm in my 30's. The real question is can you figure out cordnoy's age from the formula he posted.

=====

Re: Group 196

Posted by cordnoy - 13 Dec 2016 21:51

---

[LifneiHashem wrote on 13 Dec 2016 21:47:](#)

[quiet wrote:](#)

[LifneiHashem wrote:](#)

[shua73 wrote:](#)

I have been checking around on the forums and there seems to be a difference of opinion as to whether I should just somehow give up myself to hashem since I can't function anymore as is or is it possible to cut back and slowly grow and get rid of the problem. I am not claiming to be anybody's Rav but I wanted to hear the group's opinion on it. Personally, I think that if you read the book the first day of the rest of my life (downloadable on gye's website) you will find that both potentially work and it depends on the individual person. What are your thoughts? Can you

help me clarify this better? The just give up idea is hard for me to relate to since I am not looking at porn so much that I could honestly say that it's unbearable. I think that a large part of it is that as from Jews we know that it's wrong however it is very tempting and addictive to look at porn and to mzl. But just giving up is not gonna work if your main reason for wanting to quit is to do what's right not bc it's unbearable otherwise. I therefore think that there are those that would benefit more from focusing less on always being careful to not look and so on. I find that the more I think about not falling the faster I fall. However when I have other things to do I have a much easier time staying clean. Also a main trigger for me is being tired as I am much more impulsive when I'm tired. In sum, it appears that for some people the more they focus on it, the more they have it in the forefront of their mind and are more prone to falling.

Like I said I am no expert in this topic and certainly don't know enough to claim this is the only method (I'll leave that for others) All I can say is for me personally coming to this realization (at least on an intellectual level- actually feeling/believing takes more work) has been the defining difference between the past 100 days vs the last roughly 7,665 days.

How much older than 21 are you lifnei?

I'm in my 30's. The real question is can you figure out cordnoy's age from the formula he posted.

Been lustin' for closer to 40 years than 30.

=====  
=====

Re: Group 196

Posted by LifneiHashem - 13 Dec 2016 23:34

---

[will Succeed Beh wrote:](#)

[will Succeed Beh wrote:](#)

Hi

Up to my Bar Mitzveh today,

A really good feeling.

Going strong on the CLEAN KISLEV Project.

Be"h WE ALL will succeed

Mazel tov WS! Looking forward to your 2nd bar mitzva at 73

=====

Re: Group 196

Posted by Yosef Tikun HaYesod - 13 Dec 2016 23:38

---

Wow, you guys are really prolific posters.

I think I'm in! It seems like there are only 7 or 8 of us anyway and not 15.

-----

I will also keep posting on my 90-day forum thread, since I think it may get different people reading it and commenting on it.

-----

Big news: I very narrowly escaped today! The yetzer hara set it all up really good....

orchestrating many things, many steps of planning...

and I was beaten down and very close to failing.

But, I thought about this website and quickly posted to my thread

(in the future, I would totally post here as well) reaching out for help.

Boruch HaShem, Markz answered me. In addition, just writing it helped,  
and the feeling subsided a little, and I changed my location,  
and the test was over. I passed...but just barely.

I want to apologize for yesterday's post, when I said that over time it should get easier...

Even though I think this is true, I should have been more sensitive to the poster, Hbowman's  
feelings and pain. I think HaShem was giving me a message by sending me a big test today.

-----

I think that anyone addicted needs to use the surrender approach,  
but that anyone who wants to break free from this bad habit of improperly  
indulging and giving into their tyvahs nashim, does not.

Posting on this forum, listening to shiurim (like The Fight by Rabbi Shafier, etc.),  
emailing a support buddy, learning Torah, and davening to HaShem,  
with a strong resolve to finally pass this nisayon is what's needed.

Not everyone is addicted. so it only makes sense that not everyone  
has to go that route of the 12-steps and meetings to succeed.

=====  
=====

Re: Group 196  
Posted by shua73 - 14 Dec 2016 01:26

---

[Yosef Tikun HaYesod wrote on 13 Dec 2016 23:38:](#)

Wow, you guys are really prolific posters.

I think I'm in! It seems like there are only 7 or 8 of us anyway and not 15.

-----



I will also keep posting on my 90-day forum thread, since I think it may get different people reading it and commenting on it.

-----

Big news: I very narrowly escaped today! The yetzer hara set it all up really good....

orchestrating many things, many steps of planning...

and I was beaten down and very close to failing.

But, I thought about this website and quickly posted to my thread

(in the future, I would totally post here as well) reaching out for help.

Boruch HaShem, Markz answered me. In addition, just writing it helped,

and the feeling subsided a little, and I changed my location,

and the test was over. I passed...but just barely.

I want to apologize for yesterday's post, when I said that over time it should get easier...

Even though I think this is true, I should have been more sensitive to the poster, Hbowman's feelings and pain. I think HaShem was giving me a message by sending me a big test today.

-----

I think that anyone addicted needs to use the surrender approach,

but that anyone who wants to break free from this bad habit of improperly

indulging and giving into their tyvahs nashim, does not.

Posting on this forum, listening to shiurim (like The Fight by Rabbi Shafier, etc.),

emailing a support buddy, learning Torah, and davening to HaShem,

with a strong resolve to finally pass this nisayon is what's needed.

Not everyone is addicted. so it only makes sense that not everyone

has to go that route of the 12-steps and meetings to succeed.

I like the support buddy that you mentioned a lot. I am finding that just being here gives me a

completely different focus. I've learned a lot in two days already. But more than that, I look forward to hearing from the group and when I will have a couple extra minutes to post something hopefully useful.

=====

Re: Group 196

Posted by shua73 - 14 Dec 2016 03:16

---

I'm very proud of myself today. I wanted to test my filter today and I didn't. Was a good feeling afterwards that I'm not missing out on anything by not knowing if it will block this current attempt at bypassing it (with the caveat that of course I'm not doing it to view porn, I'm just doing it to make sure it works right...)

=====

Re: Group 196

Posted by shua73 - 14 Dec 2016 06:05

---

[list]

[\*]One whole week so far yay

=====

Re: Group 196

Posted by quiet - 14 Dec 2016 15:34

---

Hehe well that sucker didn't fall for that one. He's just way too smart (me that is).

I did not fare as well as you Shua. I always use tamar and amnon to test k9 which was not so wise. I decided to start using facebook to test instead. More to come in the next post.

=====


Re: Group 196

---

Posted by will Succeed Beh - 14 Dec 2016 15:36

---

Hi Shua73

Do you know who this person in the picture of yours is? 

[will Succeed Beh wrote on 08 Dec 2016 18:59:](#)

But then it started with movies, i got hooked up on an actor went on searching for more movies

=====

Re: Group 196

Posted by quiet - 14 Dec 2016 16:02

---

I am upset. My whole post was zapped. This time I am writing it in Word and wil paste. The GYE pages are too busy (inviting you for a chat, sudden scrolling, etc.)

I forgot that I vowed to tell more about myself next time I fall so here goes. Maybe above paragraph is part of the punishment. To make me spend more time & effort on this

Though **Lifnei Hashem** and **Cordnoy** have been battling for years, I have only battled for 7 years from the day I sat in front of a computer at work all day.

Due to the work computer with a filter, I was not yet 'zoche' to see a video.

I did in 2012, when I worked for a small private company with no filter and wide open access after every one left one evening. I experience my first MZL (**Shua**, is that an accepted acronym?). I believe this was accomplished with no self negia.

Although goyim do not view it this way, MZL is worse than watching pornography. Therefore I have set my "fall" at MZL. 7 days was a good streak for my recent history. 4.5 YEARS AGO I NEVER KNEW WHAT SUCH A THING MEANT. Perhaps having to report my fall will be a disauser in the future (it does NOT help TOO MUCH when I do not remember what punishment I set for myself as I am about to fall, otherwise likely I would not have fallen). So here goes my next one.

The next time I fall, I will clear all the saved passwords in my browser. (Last time I erased my entire browsing history so I could no longer simply type 2 letters to get me to a Kosher page I was looking for). This (passwords) will cause me a major inconvenience to retrieve passwords as some require more than a simple reset and then get them by email. I am putting it out so everyone can see it so I will not say to myself, "WELL, I did not really MEAN I would remove ALL my saved passwords)...

=====

=====

Re: Group 196

Posted by LifneiHashem - 14 Dec 2016 16:21

---

Just pointing out cordnoy is in recovery several years while I am not, so i wouldn't lump us together in the same category even though it is technically true that we both have struggled several years.

=====

=====