

Is GYE for me?

Posted by trying613 - 22 Dec 2020 16:45

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I have been struggling with inappropriate materials for a long time, but only started sinning with porn about two years ago. My story is long, and I've made plenty of gedarim over the years, but I always seem to fall eventually. Even when i do fall, I usually pick myself back up within a few days, and try to fight again, until the next time i fall, either after several weeks, or several months. Yesterday i just fell after 100 day streak. I'm going to get up again, but i'm wondering is GYE for me? I read the handbook twice, but i feel since when i'm "living normally" i feel it may be detrimental to me to be on here since it could be triggering, and why focus on this issue when bh things are good. Another reason to leave is because i feel that the amount i act out for and what i choose to look for has gotten worse since i joined. On the other hand, i have a problem that doesn't seem to go away, so maybe i should stay here? What does everyone think? (specialy those who have been on this site for a long time)

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Re: Is GYE for me?

Posted by the.guard - 22 Dec 2020 16:55

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Wow, 100 days clean is amazing!

I suggest you write to Menachem at [help@guardyoureyes.org](mailto:help@guardyoureyes.org). He will give you many new tools that don't appear in the handbook and have proven very helpful to many people.

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Re: Is GYE for me?

Posted by Hashem Help Me - 23 Dec 2020 02:30

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Get in touch with some real people here and set up some accountability system with them.

Did you actually find anything on the forums to be triggering? Please respond. It is important to know.

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Re: Is GYE for me?

Posted by 90dys - 23 Dec 2020 04:31

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Your story is mamash mine (or at least similar...). 30 years of up and down.

GYE changed everything, as I learned that my issue is part of the human condition and the primary way to overcome this seemingly impossible challenge is through social connection and accountability.

Contact Hashem Help Me. Or anyone else for that matter. And feel free to read my thread (or that of anyone here - they are all crazy heroes!), as you may find some familiar patterns...

[guardyoureyes.com/forum/19-Introduce-Yourself/356161-Intro](https://guardyoureyes.com/forum/19-Introduce-Yourself/356161-Intro)

**Yes, GYE is for you!**

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Re: Is GYE for me?

Posted by MenachemGYE - 23 Dec 2020 16:52

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Gedarim are good, but they need to be complimented with more strategies to have an additional safety net, especially strategies that increase your internal self-control.

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I'd suggest doing the following *daily exercise*, it will take only a few minutes.

Step 1: Imagine a recent tempting situation, then tell yourself "Stop!" or "No!". Or imagine seeing a Stop Sign.

Step 2: State the top 1-2 negative consequence if you give in (e.g. I'll be ashamed and disgusted).

Step 3: Take some deep breaths for 5 seconds to relax.

Step 4: State four or more alternatives that you can do right now instead of P&M.

Step 5: Visualize yourself doing one of those behaviors.

Step 6: Imagine how great you'll feel about the fact that you overcame the temptation.

Credit: O'Donohue (2009); Azrin (1994).

Another idea for a daily exercise goes like this. The abbreviation for this is **SOBER**. It takes about 3 minutes.

Imagine a tempting situation, and then...

Step 1 - **Stop**, Step out of autopilot mode. Tell yourself, "Stop!".

Step 2 - **Observe** - Shift your awareness to your inner state. What bodily sensations do you notice? There may be some tightness or clenching, tingling or numbness. What thoughts are going through the mind? What emotions are here? Label them if you can, or observe them. Simply notice whatever is here right now; not as you would like it to be, but just as it is.

Step 3 - **Breath** - Focus on your breathing. Notice where you feel your breath the most. This could be the tip of your nose, or the chest and upper abdomen; whatever this is for you, rest your awareness here and begin to notice the in and out or rise and fall as you breathe. Gather your attention and shift it to the lower abdomen. Observe the expansion and the falling of the abdomen. Notice the regular lifting and falling as each breath comes and goes. Do this for a few breaths.

Step 4 - **Expand** - Allow your awareness to expand so that it includes a sense of the body as a whole, including your thoughts and feelings. Notice the weight and shape of the body. As you rest here moment by moment, in this spacious awareness.

Step 5 - **Respond** - Respond to whatever you have discovered through the process, with mindful intention. You are now in charge. If you noticed an urge, make a choice on how to respond to the urge rather than just reacting. Realize that you have a couple of options and ask yourself what action you really want to do.

You can listen to an audio recording explaining it at [depts.washington.edu/abrc/mbrp/recordings/3\\_Breathing\\_Space\\_SOBER.mp3](https://depts.washington.edu/abrc/mbrp/recordings/3_Breathing_Space_SOBER.mp3).

Credit: Mindfulness Based Relapse Prevention (MBRP).

Regarding your original question, I agree that for someone like you (who does not fall frequently) hanging out on the forum can do more harm than good. But it could still be worthwhile to find a partner or mentor to be in touch with once in a while.

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Re: Is GYE for me?

Posted by excellence - 23 Dec 2020 21:35

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[the.guard wrote on 22 Dec 2020 16:55:](#)

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HIGHLY RECOMENDED. Menachem was my boost to push myself once again to dive into the challenge of breaking free. A true refined Yid. A professional, and someone who has invested an unthinkable amount of time both researching and helping others. I highly recommend his SMART recovery thread.

[guardyoureyes.com/forum/54-SMART-Recovery](https://guardyoureyes.com/forum/54-SMART-Recovery)

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Re: Is GYE for me?

Posted by YeshivaGuy - 15 Jan 2021 02:23

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Where u been brother?

Why have u left us?

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