

I so happy I found you guys!

Posted by frummer - 15 Mar 2010 17:17

WOW I can't believe this place exist I thought I was the only one. Man, I've fighting this thing for so long I just felt hopeless. But now I have new hope. Staying clean is so important to me since, I'm actually converting to Judaism, my rabbi doesnt know about my struggle and I don't want to find out the wrong way (aka catching me in a fall)

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Re: I so happy I found you guys!

Posted by Sturggle - 15 Mar 2010 17:35

Welcome Frummer!

Sounds like you have an interesting story to share with us. Would you?

Great to have you here! Here, where we all keep growing together!

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Re: I so happy I found you guys!

Posted by Tev - 15 Mar 2010 17:53

Welcome Home Frummer,

This place is a life saver, glad you were able to find it!!

Tell us a little about yourself...

Much Luck!

Bestrong

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Re: I so happy I found you guys!
Posted by bardichev - 15 Mar 2010 18:36

WELCOME ABOARD

DO YOU DRINK BOURBON

IF YOU DO U WILL HAVE A GREAT TIME HERE

KEEP ON TRUCKING!!

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Re: I so happy I found you guys!
Posted by Moshew - 16 Mar 2010 16:40

Reb Bardy:

Vus trinked min uf Pesach?

;D ;D ;D

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Re: I so happy I found you guys!
Posted by frummer - 16 Mar 2010 17:42

Thank you for all the encouragement! I recently had a fall and now I'm more determined than ever to beat this thing. Well to those who want to know a little about me, I from a immigrant family from central Africa, I'm Canadian(and proud to be). I'm currently serving in the armed forces and I'm interested in Judaism. I don't know where my affinity for Jews and Torah come from but I'm acting on it, I've been studying for conversion for a year now, and despite the bumps and bruises I persevered. Surprisingly I might have Jewish ancestry (slim chance but maybe) my mothers family name in Lieke. From what I've gathered it's medieval dutch for physician, I've found a very small Jewish connection to it, but nothing major. If anyone can help it would be much appreciated. Anyways this is me and thank you for inviting me into your family.

p.s I don't speak yiddish so I didn't get the last post about pesach

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Re: I so happy I found you guys!
Posted by Moshew - 16 Mar 2010 19:20

Sorry, you can't drink Bourbon on Pesach.

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Re: I so happy I found you guys!
Posted by briut - 16 Mar 2010 20:27

[Moshew wrote on 16 Mar 2010 16:40:](#)

Vus trinked min uf Pesach?

Frummer: Don't get discouraged by these guys and their yeshivisch accents. I'm sure they mean no harm, even if it's not exactly the warmest of welcomes to folks who might not have college degrees in yeshivisch. (After all, the language requires knowledge of yiddish, hebrew, english, aramaic, old french, and probably a little bit of tax law. And NYC alternate-side-of-the-street parking rules.)

Anyhow, if I'm reading them accurately, "vos trinkt mir oif Pesach" can be broken down easily into something approaching English. Each word is similar to a genuine English word, believe it or not, even though this part of Yiddish derived from German and not English.

Vos=what; trinkt=drinks; mir=we/us; oif=on (prepositions always hard to translate; Pesach= the Passover Festival of the Exodus .

In other words, "yo, bud, what're we gonna drink on Passover, anyhow-- oy!"

Which, itself, requires additional knowledge of how some people here seem to have a special taste for an American bourbon called Woodford. Bless their hearts. So, the teasing is that bourbon isn't kosher for passover. I wonder if these guys can stay 90 days on a chart clean from bourbon!!

One lunacy at a time, I suppose.

I still wanna say, welcome aboard. Translation services available without (much) charge via PM.

- Briut

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Re: I so happy I found you guys!

Posted by silentbattle - 16 Mar 2010 21:55

Welcome, frummer!

I'm glad you found us, too! I think it's great that you're working on this issue - stick with us, and grow! GYE has helped me grow more than I ever thought possible...

For me, posting about my struggles has helped me face my issues, and even to figure out what my issues are, a bit. It might do the same for you...

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Re: I so happy I found you guys!
Posted by the.guard - 17 Mar 2010 13:09

Dear Frummer,

I am the admin of this forum. Welcome to our community!

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](#)...

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...

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 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.

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: I so happy I found you guys!
Posted by bardichev - 17 Mar 2010 16:29

[Briut wrote on 16 Mar 2010 20:27:](#)

[Moshew wrote on 16 Mar 2010 16:40:](#)

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I still wanna say, welcome aboard. Translation services available without (much) charge via PM.

- Briut

ORANGE JUICE (FRESH SQUEEZED BY THE LITTLE B'S)

COFFEE YEAH I AM MAYKIL ON GEFEN TASTERS CHOICE (THE LEIBERS MUDDY STUFF IS REALLY BAD)

WHAT ELSE THATS ABOUT IT

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Re: I so happy I found you guys!
Posted by briut - 17 Mar 2010 18:47

My Dear Rabbi Bard,

I don't mean to rain on your parade of liquids, but I am sorta wondering, er, um, uh:

WHAT PART OF A CONVERT-IN-PROCESS, FIRST-TIME POSTER, LUST-ISSUE-REVIEWER,

WOULD BE INTERESTED IN A SIDE-BAR CONVERSATION OF PASSOVER DRINKING HABITS?

DON'T YOU HAVE SOME OTHER BAR SOMEWHERE FOR THIS CONVERSATION , AND LET OUR BUDDY FRUMMER SPEAK HIS MIND?

Having said this, I'll also say that I love you desperately and unconditionally, and would be happy to buy you a drink. (Although I live in the US, so I'll understand if airfare prohibits your travel.)

Respectfully yours,

Briut

PS: Frummer, sorry to 'hijack' your thread for this.

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Re: I so happy I found you guys!
Posted by DovInIsrael - 17 Mar 2010 18:52

ok - boys, play nice.

we're supposed to be on the same team

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Re: I so happy I found you guys!
Posted by bardichev - 17 Mar 2010 19:39

[Briut wrote on 17 Mar 2010 18:47:](#)

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Respectfully yours,

Briut

PS: Frummer, sorry to 'hijack' your thread for this.

briut!!!

so sorry!

please join me in the pub please!!

I will click my way over know

by the way I am also in the states

east coast to be exact as my many references to flatbush poro bark oops boro park etc

come join me lchaim

bards

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Re: I so happy I found you guys!

Posted by DovInIsrael - 17 Mar 2010 19:53

let's all give the good ol'bard a l?haim...for Pesach!

one, two, three...

L?haim, Bard.

your a good friend - happy to have you on board

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