## GYE - Guard Your Eyes Generated: 24 August, 2025, 03:24 s.o.s. Posted by lonelyid - 17 Mar 2010 07:52

I have no support group or friends I can call at this very moment and I'm almost clean for a week. The urge to fall is very strong at this moment and I was just about to start giving in. Instead I wrote this.

I don't know whether I can help - I'm very new here, anyway - but since no-one else has said anything, I can't let this pass. (I'm in the Israel time-zone - is that why no-one else has seen this?)

HANG IN THERE! Find some way to distract yourself. I often play silly games for that. Take a look at <a href="http://www.galaxyzoo.org/">http://www.galaxyzoo.org/</a> or something (that's a site about galaxies and space, by the way). Go and read a book. Clean the sink in your bathroom. It CAN be done!

Posted by lonelyid - 17 Mar 2010 09:24

Thankyou,

Those worlds "I feel your stuggle" helped.

**GYE - Guard Your Eyes** Generated: 24 August, 2025, 03:24 I did look at some "soft" stuff on utube before your reply but no more than that. Re: s.o.s. Posted by DovInIsrael - 17 Mar 2010 09:32 forget looking at ANYTHING on line... your mind will start "searching" for something... entertaining, relaxing, etc too easy to slip into p\*\*n mode. Turn the computer off stand up - do jumping jackls toiuch your toes... go outside... see how many diff color flowers you can see

when we loose our focus - its time to regain our focus in Hashes owrld.

etc.

quick - turn off your computer - RUNfast!!!
DovInIsrael
=====
Re: s.o.s. Posted by beinhazmanim - 17 Mar 2010 09:32
Fellow yid, you just made my day my week
=====
Re: s.o.s. Posted by lonelyid - 17 Mar 2010 09:47
I did turn off the computer but Ihad to come back because I've got work to do using it. I have a filter but it does allow sites like utube and I can also move the computer to a diifferent room and connect to wireless net and then I'm really free to roam. Theres also other temtations like the phone etc.
======================================
Re: s.o.s. Posted by DovInIsrael - 17 Mar 2010 10:21
hmmmi understand the problem, I sit at the computer all day and my job requires me to constantly be searching.
some other thigns I've found help me - when I need to be at the computer :

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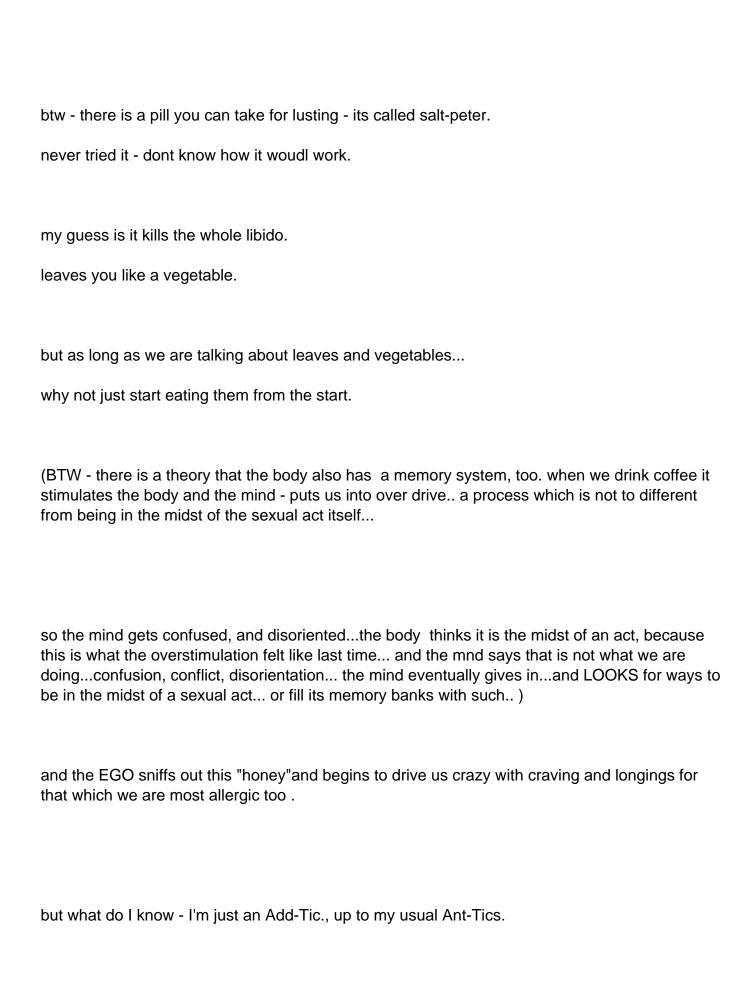
1. make sure you are drinking WATER!

Posted by Lechayim - 17 Mar 2010 15:14

- 2. eliminate colas, coffee, cakes, cookies, and other high stimulants which overstimulat and overexcite us.
- 3. eliminate the white foods: milk, white sugar, salt, white rice
- 4. replace with food sto remind you to be more aware of your own seed: Cucumbers, peppers, nuts, and other misc seeds.
- 5. Do you have a dreydel? When you get the urge to click and flick, train your finger to spin the draydel in stead.
- 6. stick stuck click through some of the GYE postings (or send me an email I will be on all day, ugh! )
- 7. get up wash your face and look yourself in the mirror and tell that strong guy in the mirror: I BELIVE IN YOU YOU CAN DO IT!

Dovlnisrael
====
Re: s.o.s.
Posted by the guard - 17 Mar 2010 12:57
You gotta block youtube with your filter or it's worth almost nothing.
Cood lught
Good luck!
====
Re: s.o.s.

Really Dov eliminating coffee and stimulants that can prevent? How about a vitamin stops helps out in a way.
====
Re: s.o.s. Posted by Lechayim - 17 Mar 2010 15:16
Really Dov eliminating coffee and stimulants that can prevent? I do have many coffee's a day. How about a vitamin that helps out in a way of stopping lust or reduces it?
====
Re: s.o.s. Posted by DovInIsrael - 17 Mar 2010 15:42
iiiiii
ddddddoonnnnnnnn'tttttttttt
kkkkkkkkknnnnnnnnnnnnnnooooooooooowwwwww
wwwwhhhhhhhyyyyyy
cuuuuuutttting
bbbbbbaaaaaccccccck
ooooonnnn
c-c-c-c-coooffeeeeee
hhhhheeeeeeeeellllllllllppppedd ????
but, I took the suggestion from someone else - and it does help.
if it does not work for you - eat and drink what ever you want.



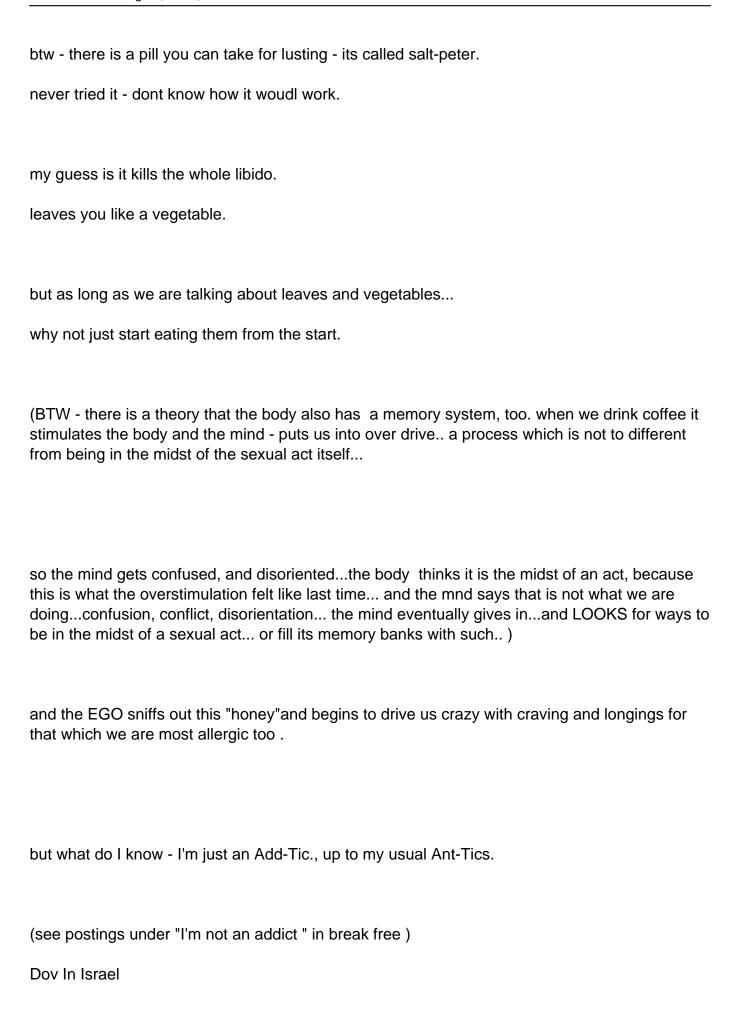
(see postings under "I'm not an addict " in break free )
Dov In Israel
====
Re: s.o.s. Posted by bardichev - 17 Mar 2010 16:18
DovInIsrael wrote on 17 Mar 2010 10:21:
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4. replace with food sto remind you to be more aware of your own seed: Cucumbers, peppers, nuts, and other misc seeds.
5. Do you have a dreydel? When you get the urge to click and flick, train your finger to spin the draydel in stead.
6. stick stuck - click through some of the GYE postings (or send me an email - I will be on all day, ugh!)
7. get up - wash your face - and look yourself in the mirror and tell that strong guy in the mirro

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I BELIVE IN YOU - YOU CAN DO IT!
Dovlnisrael
HELIGEH GUARD PLEASE ACE THIS!!
====
Re: s.o.s. Posted by the guard - 17 Mar 2010 22:40
bardichev wrote on 17 Mar 2010 16:18:
HELIGEH GUARD PLEASE ACE THIS!!
Re: s.o.s. Posted by silentbattle - 18 Mar 2010 04:02

Bro, it is FANTASTIC that you posted this, I hope you realize that. At your moment of "weakness," you're still able to reach out to others so that you can be helped.

I have an incredible amount of respect for you.
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Re: s.o.s. Posted by cordnoy - 30 Jun 2015 12:16
DovInIsrael wrote:
iiiii
ddddddoonnnnnnnn'tttttttttt
kkkkkkkkkknnnnnnnnnnnnnooooooooooowwwwww
wwwwhhhhhhhyyyyyy
cuuuuuutttting
bbbbbbbaaaaaccccccck
ooooonnnn
c-c-c-c-c-coooffeeeeee
hhhhheeeeeeeeellllllllllppppedd ????
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