

GYE - Guard Your Eyes

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Holy Yid's Holiness Bain Hazemanim

Posted by Holy Yid - 18 Jul 2010 06:43

I am out of yeshiva for a few weeks. I will use this tread to keep me focused on my plan of staying clean bain hazemanim and I hope others will give me chizuk.

Now a few rules.

1. Be honest always about urges and worse c'v. Be honest about rule breaks.
2. Respect myself and believe I can do this, i.e. don't panic if I feel a strong urge.
3. Limit my time online, aim for 30 min a day max.
4. Only use a filtered computer.
5. Put filters on all computers in houe.
6. Don't go online after 11pm.

I plan to rept good things, God willing.

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Re: Holy Yid's Holiness Bain Hazemanim

Posted by Holy Yid - 18 Jul 2010 06:44

One of my rules is to not go on the web after 11 pm. I am in volatio of that right now. I also am not sure this computer has a filter, another red zone. I am at least happy that I over came the urge to not addmit it.

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Re: Holy Yid's Holiness Bain Hazemanim
Posted by Holy Yid - 18 Jul 2010 07:48

Btw with the kindness of God today is day 87 for me. I am awed. I had moments where I thought I wuld never make it to day three. I am also approaching my first year on GUE/GYE. I am awed at how much I have changed. How much I owe Guard for creating this site and all you guys for sharing and helping me get anywhere. I plan to share more of my thought and reflections about ny first year here on this thread.

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Re: Holy Yid's Holiness Bain Hazemanim
Posted by Holy Yid - 18 Jul 2010 16:06

HI Guys, last night I spent hours on this holy site. I waste hours online but at least they are here. But that is a breach of rules. I also was on an unfiltered computer. I had an urge but I let it go.

I have a problem- I plan to spend about ten days in an out of town community with a few friends for kiruv related purposes. We will be staying with locals and I doubt they will have filters on their computers. Also they might have other reading material that poses a challenge to me.

I plan to bring a computer with a filter and hope to only use that one but I am looking for suggestions to stick to that.

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Re: Holy Yid's Holiness Bain Hazemanim
Posted by teenagehelp - 18 Jul 2010 17:18

hey holy yid!

first of all, i really like your gameplan. now you just gotta stick with it 8) although its often much easier said than done, i'm sure you'll pull through!

as for the time spent out of town- i think you have a couple of options: 1) simply not using their computers. i know it may be tough, if not seemingly impossible, but nonetheless virtually the only foolproof option; or 2) bring your own computer like you mentioned and only use **that** computer while youre there. that will take care of using the internet for important things such as if you need email etc.; or 3) only use their computers while you have a friend with you. have your friend **be** the filter.

those are the best options to me but i thought i'd just chime in. regardless, great job on reaching day 87! Have an purposeful (and easy) fast

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Re: Holy Yid's Holiness Bain Hazemanim
Posted by Holy Yid - 19 Jul 2010 07:07

I am being honest. I am on the computer after 11pm and it does not have a filter and I am alone on the floor. I had an urge and did a web search that could have started alot of trouble. I am almost at 90 days and I really want to make it. After this I am turning off computer

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Re: Holy Yid's Holiness Bain Hazemanim
Posted by Holy Yid - 19 Jul 2010 08:08

I shmelled. I don't feel bad about falling only that i broke my streak and that I am in this house with computer without filter for the sake of kiruv.

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Re: Holy Yid's Holiness Bain Hazemanim
Posted by workingmyprogram - 20 Jul 2010 00:12

It's ok. Just don't use your fall as an excuse to keep on acting out. I heard a crazy thing once, I forgot who said it, but that Hashem sometimes causes us to fall just in order to test us on how we will react to it. If we will get up right away or keep on falling. If we get up then we passed, even though we fell. If we keep on falling then we failed. But whatever you do, it's awesome that you are reaching out. Keep reaching out, maybe consider calling people from the GYE phone list. Someone found my name on the list and called me a couple days ago all the way from Texas! It was late at night, his family was out of town, and he really wanted to act out. This disease thrives on isolation, no better way to protect ourselves from falling than by reaching out with a phone call. You see, while posting on the site is awesome and a great way of staying connected, sometimes, when the Yetzer Harrah is really kicking our tuchus, we need to do more, like calling others. You can even call into an SA meeting. I find meetings to be the best way to squash the Yetzer Harrah. The Denver chapter of SA has phone meetings almost around the clock. Just go to www.denversa.org for the schedule. Not to brag at all, but I call people, go to meetings, and have a sponsor who I call every day, all in order that I don't isolate. Keep up the good work, you are doing awesome, you almost made it to 90 days! Very inspiring!

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Re: Holy Yid's Holiness Bain Hazemanim
Posted by Holy Yid - 20 Jul 2010 22:22

Thank you

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Re: Holy Yid's Holiness Bain Hazemanim
Posted by Holy Yid - 22 Jul 2010 06:24

Fell again but I don't feel I am in free fall. I need to get a partner who I am accountable to.

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Re: Holy Yid's Holiness Bain Hazemanim
Posted by Ineedhelp!! - 22 Jul 2010 20:30

Hey Holy Yid,

I hope youre doing ok. I know what youre going through. Been there done that. (and it could happen to me any day...)

Feel better!

-Yiddle

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Re: Holy Yid's Holiness Bain Hazemanim
Posted by Kollel Guy - 23 Jul 2010 03:43

Hey, I respect all your sincere efforts to stay clean, but for heaven's sakes!! You'd better be a class A computer technician, or when they check the history on their computer and realize it was you c"v - there will be some major booshis, not to mention the chillul H-shem...

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Re: Holy Yid's Holiness Bain Hazemanim
Posted by Holy Yid - 23 Jul 2010 06:37

[Kollel Guy wrote on 23 Jul 2010 03:43:](#)

Hey, I respect all your sincere efforts to stay clean, but for heaven's sakes!! You'd better be a class A computer technician, or when they check the history on their computer and realize it was you c"v - there will be some major booshis, not to mention the chillul H-shem...

One thing most of us learn very fast is how to cover our tracks.

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Re: Holy Yid's Holiness Bain Hazemanim
Posted by Esther - 23 Jul 2010 22:53

THIS IS ACTUALLY FROM ELYA NOT ESTHER

What if you went out of town and didn't take your computer and didn't use their computer.

Do you think you'd live through it. People have for thousands of years lived without computers especially when you're not earning your livelihood on one.

This is what it means... going to any length to get and stay sober.

Elya

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