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Posted by kadosh - 01 Nov 2010 23:13

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Re: Who i am?
Posted by Yosef Hatzadik - 01 Nov 2010 23:55

We've seen the quote *Yisroel, af al pi shechoto Yisroel hu*;

Did you EVER come across something like *Baal Aveira, af al pi shelomed Torah v'oseh mitzvos baal aveirah hu???*

Who you are is not in question!

Where are you?!?! *Ayekah??* That is what Hashem asked Adam Harishon when he sinned!

"Where am I?" is what you should be asking yourself! If you can answer that you are on the Road to Recovery, you are in a good place! If you are in the holy GuardYourEyes Community you are in a good place!

(Adam Harishon was just hiding, he wasn't trying to grow, to move closer to Hashem...)

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Re: Who i am?
Posted by Holy Yid - 02 Nov 2010 05:21

You are human. you have two yatzars one for good and one for evil. So you do both. Mazal tov on being normal.

Regarding herhurim let go of them, don't fight them. Also ask Hashem to take them.

Welcome and good luck.

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Re: Who i am?

Posted by the.guard - 02 Nov 2010 06:29

Dear Kadosh,

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

For tips on dealing with fantasies, please see this page:

www.guardureyes.com/GUE/FAQ/FAQ15.asp

For the answer to the question, "Who am I?", please see this page:

www.guardyoureyes.org/?p=2451

Also, please read the handbooks - linked below in your "welcoming package":

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 frum 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. We get cries for help every day, by e-mail and on the forum. *Tzuras Rabim Chatzi Nechama*

One of our goals on GYE is to help people "hit bottom while still on top" so they will take recovery seriously. To explain better what I mean, please see [this page](#). If you're here, it means you're already taking serious steps in recovery, so keep up the good work!

Let me tell you a little about the two GuardYourEyes handbooks. They lay down the cornerstone of all our work at GuardYourEyes. Before the GYE handbook people would often get "lost" when coming to our website, not knowing what tips and techniques to try. For example, someone with

a low level addiction wouldn't jump straight into therapy or 12-Step groups, while someone whose addiction was more advanced wouldn't be helped by the standard tips of "making fences", putting in filters etc... For the first time ever, this handbook details all the techniques and tools dealing with this addiction in progressive order. Now, anyone can read it through and see what steps they've tried already, and if those steps haven't worked, they can continue on through the handbook to the next tools, as the suggestions become progressively more "addiction-oriented".

We suggest printing out the handbooks and reading it them at least once. Then, we suggest going back and reading them again slowly on the computer, and this time pressing on the many links that are found in the different articles.

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.

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: Who i am?

Posted by ZemirosShabbos - 02 Nov 2010 15:34

Hi Reb Kadosh,

there is a sefer called Da Es Atzmecha in hebrew and in English called Getting To Know You Self, from the author of Bilvavi Mishkan Evneh, Rav Itamar Schwartz shlita. judging from your thread title and questions you might benefit from the sefer.

either way, welcome to GYE, you have come to a great place. you can gain so much here so stay and read and post.

hatzlacha

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Re: Who i am?

Posted by briut - 04 Nov 2010 15:52

[quote="kadosh" link=topic=3106.msg82608#msg82608 date=1288738512]I allways thank G-d and pray that He give harbe hatzlacha to the GYE comunity.[quote]

I think hatzlacha for the forum depends on members staying involved by posting, posting, posting. On their own threads, on the threads of others. Deeply, honestly, lovingly.

So don't [just] pray to G-d to give hatzlacha... make a move. Thanks for the good comments and for posting.

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Re: Who i am?

Posted by Holy Yid - 12 Nov 2010 16:27

I second that.

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