

WE LOVE THE HEILIGER GUARD

Posted by bardichev - 22 Jul 2009 03:37

---

SINCE TODAY IS ROSH CHODESH AV

A TIME OF REFLECTION AND INTROSPECTION

TODAY IS THE YARTZEIT OF AHARON HAKOHEN

OUR AHARON HAKOHEN IS THE HEILIGER GUARD

PLEASE JOIN ME IN HAKARAS HATOV TO OUR HEILIGER GUARD

THANK YOU

bardichev

=====

Re: WE LOVE THE HEILIGER GUARD

Posted by Determined - 23 Jul 2009 14:52

---

Thank you 7up. Actually I've corresponded with R' Guard a number of times privately so to him I'm no stranger. Let me just say that from the private correspondence it is easy to tell that he cares so much about others. That alone is enough to make people want to improve, for his sake.

=====

Re: WE LOVE THE HEILIGER GUARD

Posted by 7yipol - 23 Jul 2009 15:00

---

I fully agree Determined.

I cant even remember how many times he has saved me from failing. 'Simply' by caring for a

And that is one comment that even our humble Guard cant deny!!

=====

Re: WE LOVE THE HEILIGER GUARD

Posted by the.guard - 23 Jul 2009 15:08

facelessss bas-Yisrael with all his heart

---

Hi Determined, since 7Up wants me to "Officially" welcome you, here goes ;D

Welcome to our community, once you've arrived, there's no turning back. Everyone here will just grab a hold of you and pull you up, up, up!

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. I cannot give you all the right advice in one short post, so I implore you, do at least this for yourself. **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!

We also have a hotline on [this page](#), where you can call and speak to someone with experience.

And we just started recently a 12-Step phone group that would be a tremendous step in the right direction for you and help you turn your life around. PLEASE JOIN [DUVID CHAIM'S daily group](#). 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. This is VERY important.

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 live 12-Step SA 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!

=====

Re: WE LOVE THE HEILIGER GUARD  
Posted by bardichev - 23 Jul 2009 15:11

---

heilger loveable Guard

please welcome pintelle.yid

too

b

=====  
=====

Re: WE LOVE THE HEILIGER GUARD

Posted by 7yipol - 23 Jul 2009 15:23

---

Poor Guard,

Hi Determined, since 7Up wants me to "Officially" welcome you, here goes

Nagged by someone who is not even his wife!

Now *that* is pure puinishment

=====  
=====

Re: WE LOVE THE HEILIGER GUARD

Posted by kutan - 23 Jul 2009 16:42

---

[7Up wrote on 23 Jul 2009 15:23:](#)

Poor Guard,

Hi Determined, since 7Up wants me to "Officially" welcome you, here goes

Nagged by someone who is not even his wife!

Now *that* is pure puinishment

Its part of his chessed work... *with your husband...*

;D

just a joke. honest.

=====

Re: WE LOVE THE HEILIGER GUARD

Posted by chl - 23 Jul 2009 16:56

---

bs"d

[7Up wrote on 23 Jul 2009 15:23:](#)

Nagged by someone who is not even his wife!

Now *that* is pure puinishment

:D :D :D

=====  
=====

Re: WE LOVE THE HEILIGER GUARD

Posted by 7yipol - 23 Jul 2009 17:22

---

Kutan,

:D

=====  
=====

Re: WE LOVE THE HEILIGER GUARD

Posted by kutan - 23 Jul 2009 17:31

---

[7Up wrote on 23 Jul 2009 17:22:](#)

Kutan,

:D

I humbly stand corrected.  
*with* my husband, or *for* my husband

=====  
=====

Re: WE LOVE THE HEILIGER GUARD

Posted by 7yipol - 23 Jul 2009 17:43

---

:D

=====

Re: WE LOVE THE HEILIGER GUARD

Posted by kutan - 23 Jul 2009 18:45

---

[7Up wrote on 23 Jul 2009 17:43:](#)

Trust me, my poor husband will take all the help he can get!

:D

Its OK, 7up, its pretty much universal. Stems from the male desire for independence and the female desire for closeness. So She asks which pretty much motivates Him to ignore the request, even if He was going to actually do it anyway, which pushes Her to ask again (doesn't He realize this is his Wife talking) which just keeps the cycle going.

R' Tatz advises, if you want a male to do something, you have to figure out how to maneuver things so that he ends up thinking that he thought of it on his own.

Don't worry, it doesn't take much for us to believe it, either.

=====

Re: WE LOVE THE HEILIGER GUARD

Posted by 7yipol - 24 Jul 2009 10:18

---

Trust me, my poor husband will take all the help he can get!



Kutan,

That post is nothing less than brilliant! ;D ;D ;D

And right on the mark.

=====

Re: WE LOVE THE HEILIGER GUARD

Posted by jerusalemsexaddict - 07 Sep 2009 21:14

And depressing

---

=====

Re: WE LOVE THE HEILIGER GUARD

Posted by Sturggle - 07 Sep 2009 21:17

---

eh, if youre already bringing this back and especially since ive been the source of some of the recent agmas nefesh, i must say that...

And keep them coming!

I love the heiliger guard!!

=====

=====