

**LET'S DO THIS RIGHT**

Posted by the.guard - 24 May 2009 20:17

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Dear Neshama,

If you've read a little bit through this forum, I'm sure you'll quickly realize that you are not alone and that we get cries for help like yours many times a day, both by e-mail and on the forum.

We put a lot of effort into writing up handbooks that contain all the tools to breaking free of this addiction, in progressive order. These are tools that we in the GYE community have gathered together - through hundreds of people's experiences over the years. These tools can help anyone, no matter what stage of addiction they might be at. Whether someone is just struggling a little, or whether they have tried countless times to break free with all types of advice and tricks, these handbook will be able to guide them on the right path. (See below for links to the handbooks).

Basically, it seems you've been going through this cycle of addiction for a number of years already... getting up, falling, getting up, falling. We could offer you lots of Chizuk, but it would last a few days and then wear off again. Instead, we want to help you in a way that will be much more effective and systematic. By reading the handbooks and exploring what tools you've tried and which you haven't - we can work together and discuss your battle plan (along with the others on the forum) step by step, tool by tool. This will give us a clear "Framework" to work in, and will help you make progress, slowly but surely, **for the long term** - and not just some chizuk that will quickly wear off...

We are here for you and we will do our best to offer chizuk and help you along **for as long as it takes**, but let's do it within a systematic framework so that the progress can be outlined and mapped, and you will finally be able to break free of this endless cycle of addiction...

**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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