

not really new here, but nu

Posted by frottberg - 08 Mar 2011 14:47

---

I signed on a few months back and never took advantage of the site. I spent about thirty days or so clean after i signed on, flopped like a dead fish, and I think i probably haven't spent more than a few days at once clean since then. I very clearly see how my addiction to both pornography and masturbation is killing me spiritually. My wife doesn't know yet (I hope), but she's smart, she'll probably chap soon enough. I need to get out and I need it now. If anyone could walk me through using the forum and the tools I would owe you just about everything I have and everything I am.

=====

=====

Re: not really new here, but nu

Posted by Kedusha - 08 Mar 2011 14:51

---

Welcome, Chaver! Sounds like you're ready to do what it take to go into recovery!

Start by downloading the newly revised GYE Handbook, and print yourself a copy. It contains everything you need to get started.

Hatzlacha!

[www.guardureyes.com/GUE/PDFs/eBooks/Guard%20Your%20Eyes%20Handbook%202011.p  
df](http://www.guardureyes.com/GUE/PDFs/eBooks/Guard%20Your%20Eyes%20Handbook%202011.pdf)

=====

=====

Re: not really new here, but nu

Posted by Yosef Hatzadik - 08 Mar 2011 18:04

---

[The GuardYourEyes Program in a Nutshell](#) might be even better!

=====

=====

Re: not really new here, but nu  
Posted by DovInIsrael - 08 Mar 2011 18:11

---

hi frott.

welcome.

did you read the sign on the door - it says:

**PRISONERS BE FOREWARNED: THE PRISONER CANNOT FREE THEMSELVES!**

once you are a prisoner of your desires and passions - you are stuck

you'll need to wait around for some kind soul to stick their hand out and help you out.

post.

read.

join a phone group

post some more

make a friend or two

be helpful

be useful to others...

and remember to smile - it helps keep the Y"H aware.

hang in their.

now stick out your hand - and hold on tight!

dov.ii

=====  
=====

Re: not really new here, but nu  
Posted by Kedusha - 08 Mar 2011 18:55

---

[Yosef Hatzadik wrote on 08 Mar 2011 18:04:](#)

[The GuardYourEyes Program in a Nutshell](#) might be even better!

Sure - start with the Nutshell and then move on to the Handbook.

=====  
=====

Re: not really new here, but nu  
Posted by frottberg - 09 Mar 2011 00:46

---

So I read one of the PDFs and I think I'm a level 4. Any suggestions were to start?

=====  
=====

Re: not really new here, but nu  
Posted by Kedusha - 09 Mar 2011 01:01

---

I suggest starting with the Handbook and getting on the 90-day chart.

=====

=====