

1 sec. in shamayim the next sheal tachtis how?

Posted by OIZER47 - 01 Apr 2011 17:49

I am known to the people around me as a good yingerman but im hiding a big secret im addicted to porn and movies i can hold myself back for 2 weeks but then i fall straight to sheal tachtis i can have in the morning a davaning i feel so close to hashem like im the biggest tzadik and then fall in the afternoon non stop without a problem like nothing ever happend it doesnt make any sense what does that come from i even relize certain times how empty porn is but i fall thru anyway can someone explain it to me hashem should help us all from our problems hashem has a huge nachas ruach from everyone on this site and everyone trying to become better i need chizuk so please reply hatzlacha raba!!!!

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Re: BUILDING THE BARRIER

Posted by Kedusha - 01 Apr 2011 18:23

Welcome to our community, you have finally come home!

Once you've arrived, there's no turning back. Everyone here will just grab a hold of you and pull you up with them!

[GYE Program in a Nutshell](#): *(Right Click the link and press "Save Link/Target As" to save the PDF file to your computer).*

'Guard Your Eyes' offers a unique approach to helping people by recognizing that there are many different levels in the struggle for "*Shmiras Ainayim*" and "*Shmiras Habris*". After studying the experience of hundreds of religious strugglers over the past few years, we put together the suggestions and recommendations that we feel are best for the various levels. We divided the tools, features and services that GYE offers into 8 different levels. This "[GYE Program in a Nutshell](#)" can help people quickly identify at what level of the struggle they are at, and which tools and features would help them most at their particular level.

Here are some quick things you can do to help you jump straight into recovery:

1) 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... We also **highly advise** installing "Reporting Software" such as webchaver.org to give you some accountability, because filters alone are usually not sufficient and they can often be bypassed.

2) Join the [daily Chizuk e-mail lists](#) to get fresh chizuk every day.

3) 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](#).

4) 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!**

5) GuardYourEyes also offers many free anonymous phone conferences where you can join a group of other from Yidden, along with an experienced sponsor. See www.guardyoureyes.org > Tools > Phone Conferences for many different options. Our conferences are taking place every day, morning, noon and night... Joining a phone group 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 the daily call will be another way of GETTING OUT OF ISOLATION and connecting with others who are going through what you are.

6) If you need more general guidance, write to our e-mail helpline at gye.help@gmail.com or call our hotline at 646-600-8100.

7) Download and read the "[Guard Your Eyes Handbook](#)". This handbook outlines the GYE approach in detail, and makes our network much more effective and helpful for people. **The handbook has two parts:**

A) The first part, "**Attitude & Perspective**", 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...

The second part, "**The 18 Tools**", detail 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. 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!

May Hashem be with you!

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Re: BUILDING THE BARRIER

Posted by bardichev - 01 Apr 2011 22:49

Oizer

I came to this forum 2 years ago evlerv shabbos hachoidesh

Welcome aboard!!

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Re: BUILDING THE BARRIER

Posted by OIZER47 - 03 Apr 2011 18:17

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wow you lucky keep it up

Re: BUILDING THE BARRIER

Posted by bardichev - 03 Apr 2011 18:53

[OIZER47 wrote on 03 Apr 2011 18:17:](#)

i am

and i am passing it on to you!!!!!!

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Re: BUILDING THE BARRIER

Posted by laagvokeles - 03 Apr 2011 18:53

wow you lucky keep it up

oizer would you do me a favor and put down your long message into a small message, more concentrated? cause i did not understood it fully....

thank you

(p.s. i like the ???? of your message i just did not understand it)

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Re: 1 sec. in shamayim the next sheal tachtis how?

Posted by OIZER47 - 05 Apr 2011 23:32

[laagvokeles wrote on 03 Apr 2011 18:53:](#)

oizer would you do me a favor and put down your long message into a small message, more concentrated? cause i did not understood it fully....

thank you

(p.s. i like the ???? of your message i just did not understand it)

i changed the whole message

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