

Checking in !

Posted by kvetched - 16 Jun 2011 20:39

Shalom and Hello,

Just ended a six month clean run after the "week from hell" (divorce and big job promotion) the whole six months wiped out ! lam now about to rebuild.....out of bricks this time, not straw !

Kvetched.

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Re: Checking in !

Posted by kvetched - 25 Jun 2011 18:04

Shalom.

A good and spiritual day today.

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Re: Checking in !

Posted by Eye.nonymous - 25 Jun 2011 18:50

[kvetched wrote on 22 Jun 2011 20:49:](#)

...And THAT'S really the problem, even more than the lust--we get out of touch with reality.

--Eye.

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Re: Checking in !

Posted by kvetched - 26 Jun 2011 22:02

I am reading the 12 Jewish steps to recovery. Also took an online (kosher) test about addiction which was set up by my therapist. I came out as "Not an addict" though clearly have issues with habits and things!

Had a good day again with family all around me.....good for the soul.

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Re: Checking in !

Posted by Yosef Hatzadik - 26 Jun 2011 22:30

[kvetched wrote on 26 Jun 2011 22:02:](#)

Also took an online (kosher) test about addiction which was set up by my therapist. I came out as "Not an addict"

Lucky you!!!!

So now you can work on being a better Jew with extra burden of the "Addiction" label.

OK.

Start.

Learn to be close to Hashem.

Recognize His constant Presence & Leadership.

Guard your eyes from looking where they shouldn't.

Do it all - - - from a Jewish perspective!!!!

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Re: Checking in !

Posted by Eye.nonymous - 27 Jun 2011 10:21

Dear Kvetched,

You deserve the official GYE grand welcome, so here it is:

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 frum 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: Checking in !

Posted by kvetched - 27 Jun 2011 17:17

Many thanks for that. So far , so good. No bad days and no bad thoughts either. Suffering from

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Re: Checking in !

Posted by ontheedgeman - 27 Jun 2011 17:22

I've read the 12 Jewish Steps to Recovery. It's low-impact. If you want to jolt the system, read Mishkan Bilvavi. Or Twerski stuff.

bad day ever at present though !!!!! >
Or, whatever works!

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Re: Checking in !

Posted by kvetched - 27 Jun 2011 18:15

Thanks Edge, I will look it up. I do like the 12 steps. Being "out on a limb" away from other Jews I love the sense of re-connection it offers.

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Re: Checking in !

Posted by kvetched - 28 Jun 2011 19:59

Good day on the PA front.....I do feel genuinely good about "not being tempted". However I am feeling a HUGE pressure within the home.....nothing I do is right! Perhaps this will change???????

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Re: Checking in !

Posted by Eye.nonymous - 29 Jun 2011 06:34

[kvetched wrote on 28 Jun 2011 19:59:](#)

nothing I do is right! Perhaps this will change??????

...Your attitude is really the only thing you can change.

--Eye.

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Re: Checking in !

Posted by kvetched - 29 Jun 2011 19:16

I think it goes beyond attitude, though I am aware of it at all times. No it is the fact one has "bloated one's copy book" syndrome and deeper rooted things. That said I am trying very very hard. I am seeing two councillors and am reading like mad....as well as working hard. I have had NO temptations or "wobbles". Life is feeling kosher and I am starting to feel better about me.

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Re: Checking in !

Posted by kvetched - 30 Jun 2011 20:33

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Re: Checking in !

Posted by Jew - 30 Jun 2011 21:02

Thanks for the chizuk. I went 90 days and on the 91st day I collapsed and I've not got back on since! - Been about a month. Finding it so hard to pull 3 days together just to get back on the chart. But I will always have those 90 days although it never felt real, I want to start again and do it properly - similar to what you have said about rebuilding. Hatslocho

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Re: Checking in !

Posted by kvetched - 01 Jul 2011 15:36

Come on Jew, do it with me, I can coach you and you can coach me. I have started jogging, really good ,lishmor al kosher is cool!! Had a good day again today and NO thoughts whatsoever ! Come on YOU CAN DO IT !

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