

The up and down cycle

Posted by chazak - 17 Jul 2011 18:55

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I am a new comer here I want to know success stories of others who went out of this cycle?  
please.

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Re: The up and down cycle

Posted by mnman415 - 17 Jul 2011 22:51

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**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:**

We're all in the same boat here. *Tzuras Rabim Chatzi Nechama*

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](http://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](mailto: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: The up and down cycle

Posted by im not alone - 18 Jul 2011 00:30

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WELCOME HOME

there is a place I call.... home. Yes you have finally come home

To the point

You need success stories. Just take a look on the wall of honor(anyone who is sober for atleast 90 days) <http://guardyoureyes.org/woh/woh.php> there are currently close to a 100 guys who really struggled to over come even a day without falling, everyday was a huge battele and now they are enjoyimg a free life

**need I say anything more??**

CHAZAK: be strong and stay strong

Hang in there..... You are the next success story,

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Re: The up and down cycle

Posted by helpfyi - 18 Jul 2011 04:00

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[chazak chazak wrote on 17 Jul 2011 18:55:](#)

I am a new comer here I want to know success stories of others who went out of this cycle?  
please.

just being here is a success! i have been keeping my eyes in check for over a month since i  
came here, you can do it too! i never thought i can do it!

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Re: The up and down cycle  
Posted by geshertzarmeod - 18 Jul 2011 07:04

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Welcome!

We've all had lives of ups and downs. We are all working together on getting a handle on  
something tht has been out of control for too long. Personally I struggled for over 30 years. By  
posting on this forum, getting in touch with the source of the problem and finding ways to deal  
with it by reading the handbooks and getting chizuk from the chevra Im actually clean for 150+  
days. There are still challenges and urges, but for the first time in my life I can actually make the  
decisions to look or not to look, to think improper thoughts or not. It's a world of a difference!  
Jump in! the water's fine!

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Re: The up and down cycle  
Posted by TheJester - 18 Jul 2011 09:47

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The up and down cycle is best described [here](#).

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Re: The up and down cycle

Posted by shteighecher - 18 Jul 2011 14:12

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see

[www.guardyoureyes.org/?cat=26&paged=2](http://www.guardyoureyes.org/?cat=26&paged=2)

[www.guardyoureyes.org/?cat=56](http://www.guardyoureyes.org/?cat=56)

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Re: The up and down cycle

Posted by chazak - 18 Jul 2011 20:31

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Thank you for responding to my Question so quick i really appreciate it.

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Re: The up and down cycle

Posted by ninetydays - 19 Jul 2011 03:43

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Hi Chazak -

Success is relative.

I am at about a month now.

But Dov is going on 13 years. Every minute that you overcome is a success.

ninety

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