

New and not sure where to start

Posted by no self control - 26 Jul 2011 06:15

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I'm known as a good 21 year old Bocher, and i do try to be, but this area in my life - which i know that in Yiddishkeit to stay good in this area is essential - is so bad in horrible ways, just no self control, it takes me over as much as i want to and decide to stop. Watching horrible stuff which just leads to doing horrible stuff (and many times without watching anything) and the need for more and in a more exciting way just gets greater and greater, all the while knowing that it is hurting me physically and spiritually. I have these few clean days because of a neder to tzedaka which i learnt the proper way of making on this site, and i'm hoping that with Hashem's help, my effort, and your support i can overcome this.

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Re: New and not sure where to start

Posted by helpfyi - 26 Jul 2011 12:49

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Welcome, your in the right path already by making a neder, but you need a filter to your internet or you probably wont last. If you have no filter then you right there will be "no self control". If you already have a filter then hopefully with that and the neder you can break free, join the 90 day chart and go for it. And remember you still are a "good 21 year old bocher" and you should be happy that you found us when you are 21! Some people only fix this way later so you are in good shape fix it now before you get married in order that you can have a healthy marriage with your future wife. hazlocha.

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Re: New and not sure where to start

Posted by mnman415 - 26 Jul 2011 13:58

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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:**

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](http://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](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: New and not sure where to start  
Posted by shteighecher - 26 Jul 2011 14:25

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Welcome to our kehilla.

Stay in and focused on your goal. We will make it through one day at a time. I wish i could repaired myself at age 21. But, it's never too late and never to early.

We do it here, one day at a time and sometimes only 1 hour at a time.

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Re: New and not sure where to start

Posted by ZemirosShabbos - 26 Jul 2011 17:13

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this is important to remember:

[bardichev wrote on 12 Jan 2011 00:21:](#)

Viyirayu oisanu hamitzrim

The mitzrim convinced us that we are bad

Its a teefer yesod

A yeed is good. No matter what. Even if he acts bad he IS b'etzem good

KOT

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Re: New and not sure where to start

Posted by Gevura Shebyesod - 26 Jul 2011 17:50

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Zem, that's a good one. In my case I think it resonates even more, because the mitzrim are trying to convince me that bad is really good.... I need to remember that.

Gevura!

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Re: New and not sure where to start

Posted by Tomim2B - 26 Jul 2011 18:25

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There's a lot of great guidance written in the handbooks and you can devote yourself to adopting some of it's ways, step by step.

So a good place to start is by making the handbooks a priority.

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