

Hello

Posted by EvedOfONE - 07 Aug 2011 22:37

Hey I'm new here thought I'd introduce myself. I am in my 20s, single, and yeshivish/modern (somewhere in between but not either). I have this problem of watching bad stuff and mz'l. I would appreciate some chizuk and private help if anyone is willing. You can PM me and I will send you my email address. If there are any guys in my stage of life I think we can really give huge chizuk to each other if we connect on a more personal level. Please respond here or PM me privately. I really want to get rid of this and need all of your help.

Thanks,

EvedOfONE

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Re: Hello

Posted by ninetydays - 07 Aug 2011 23:09

Hi EvedofONE (interesting screen name)

It really is great that you came to the site. Hearing about other peoples struggles and learning different ways of overcoming your YH for porn and mz'l are some of the features this site offers.

Please post away and you will be surprised by the amount of people who are either in the ditches and gripped by desire, those in the healing process, and those who are recovered (Dov is on 12-13 years without falling).

All the best!

ninety

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Re: Hello

Posted by helpfyi - 08 Aug 2011 03:06

welcome, i agree you can use someone who is holding where you are but we all are really holding where you are....fighting the battle and we all can help you. First is to get a filter and get one fast!

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Re: Hello

Posted by alexeliezer - 08 Aug 2011 18:57

Welcome E1 !

Single modern yeshivish twenty something lust addicts become married m.y. fortysomething lust addicts with kids (like someone I know).

Unless you're lucky enough to arrive at this life-changing website first. And you are!

Chizuk can be a hugely helpful boost, but the meat and potatoes of recovery is plugging into a proven program and working it.

Just wanna make sure you're doing both.

Hatzlocha!

Alex

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Re: Hello

Posted by shteighecher - 08 Aug 2011 18:59

Welcome

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.

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

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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