

15 year old boy who is addicted and seeking help please.  
Posted by sonofhades96 - 04 Oct 2011 02:15

---

Came to this website looking for a solution on how to break free from pornography addiction  
and to stop being motzei zera levatala.

=====

Re: 15 year old boy who is addicted and seeking help please.  
Posted by Tzvi S. - 04 Oct 2011 08:52

---

Welcome to our community, you have finally come home!

GuardYourEyes (GYE) is a vibrant network and fellowship of Jews of all affiliations, struggling to  
purify themselves and break free of lust related behaviors. For the first time, there is somewhere  
to turn to for help in these areas. We're all in the same boat here. Tzuras Rabim Chatzi  
Nechama . Once you've arrived, there's no turning back. Everyone here will just grab a hold of  
you and pull you up with them!

=====

Re: 15 year old boy who is addicted and seeking help please.  
Posted by kidushashem - 04 Oct 2011 11:21

---

hey buddy,

this is the place to be. It might be overwhelming with all the stuff on the website. Just take it  
slow and learn a bit at a time. Keep posting! It's very important to let everything out.

=====

Welcome Package for Newcomers  
Posted by Tzvi S. - 04 Oct 2011 11:29

---

## **Welcome to our community, you have finally come home!**

GuardYourEyes (GYE) is a vibrant network and fellowship of Jews of all affiliations, struggling to purify themselves and break free of lust related behaviors. For the first time, there is somewhere to turn to for help in these areas. We're all in the same boat here. *Tzuras Rabim Chatzi*

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

In the last couple of years, the GYE network has helped roughly 1,000 Jews get back on a path of sanity, self-control and healing and has touched the lives of thousands more. GYE has become known throughout the Jewish world as the number one address for dealing with these challenges which have reached epidemic proportions.

### *Nechama*

The tools of our recovery program were developed with guidance from the best experts in the field, such as Rabbi Dr. Avraham J. Twerski, and through the personal experience of hundreds of Jews who successfully broke free. We use a unique approach that recognizes that there are many different levels in these struggles.

Our network is comprised of a website, a pulsating forum, phone conferences, daily Chizuk e-mails, support hotlines, therapists, live 12-Step groups and a program of recovery for all levels of this struggle/addiction.

All our work is free of charge and we zealously protect the complete anonymity of all our members.

## **Here are some quick things you can do to help you jump straight into your journey:**

1) See the "[GYE Program in a Nutshell](#)" (*Right Click the link and press "Save Link/Target As" to save the PDF file to your computer*) that can help you quickly identify at what level of the struggle you are at, and which tools and features would help you most at your particular level.

2) Install a strong filter (see [this page](#) for more info). It is hard to break free of this while having

all the garbage within a mouse click away. The filter gabai at [filter.gye@gmail.com](mailto:filter.gye@gmail.com) will hold the passwords for you. We also highly advise installing "Reporting Software" such as [webchaver.org](http://webchaver.org) to give you some accountability.

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

4) Join the [90 Day Challenge](#). Scientific studies have shown that it takes 90 days to change the neuron pathways created by addictive behaviors in the brain.

5) Post away on this forum, where hundreds of yidden like you exchange chizuk and post logs of their journey to recovery. You will internalize that you are not alone, and you will learn the techniques and attitude that work for so many others.

6) Join our free anonymous [phone conferences](#), led by an experienced sponsor.

7) If you need more general guidance, write to GYE's helpline at [gye.help@gmail.com](mailto:gye.help@gmail.com) or call the hotline at 646-600-8100.

8.) Download and read the "[Guard Your Eyes Handbook](#)" (a hard copy can be purchased for cost price [over here](#)). 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, "The 20 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!

The second part, "Attitude & Perspective", detail 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...

Our souls cry inside of us, but we have accustomed ourselves to block out that cry. Today we can begin to be who we really want to be.

We are here for you.

[www.GuardYourEyes.org](http://www.GuardYourEyes.org)

GYE E-Mail Helpline: [gye.help@gmail.com](mailto:gye.help@gmail.com)

GYE Phone Hotline: 646-600-8100

Help us help others: [Donate Here](#)

=====

Re: 15 year old boy who is addicted and seeking help please.  
Posted by alexeliezer - 04 Oct 2011 15:47

---

Wow! Amazing that you're tackling this at 15! Ashrecha!

There are many weapons and approaches here. Choose yours and become an expert in it. Share your questions and struggles here. Others have escaped the clutches of this Y"H and so will you. Keep at it until you succeed.

A word of caution. The younger guys here think this is just about willpower. It's not. As you know, willpower alone hasn't worked for you. Rather, it's about turning the battle over to Hashem. Direct your willpower toward avoiding lust and lustful situations on the street, in print, online. Build fences and fences. When lustful thoughts come, daven right away that Hashem should take these thoughts from you. This is the secret to success.

Hatzlacha!

Alex

=====

=====

Re: 15 year old boy who is addicted and seeking help please.

Posted by gibbor120 - 04 Oct 2011 18:11

---

WELCOME SH96! Glad you joined this chashuva oilam. There's lots to learn here. Stick around.

=====

=====

Re: 15 year old boy who is addicted and seeking help please.

Posted by ontheedgeman - 04 Oct 2011 20:22

---

stop now while you are free! ;-)

are you in yeshivah?

=====

=====

Re: 15 year old boy who is addicted and seeking help please.

Posted by sonofhades96 - 05 Oct 2011 01:27

---

I am working on this problem with a counselor from camp, two friends from camp, and today I mentioned it to my mashgiach and now he is also helping me. I am B"h in yeshiva and a very good one as well. He told me a mashal. Imagine you are in a living room with a broken sewer pipe and excrement keeps falling out onto the floor. Stupidly, a person will say to keep giving him tissues but the real solution is to first fix the pipe and then clean the room. The same here. First I have to fix the problem which is the access to pornography. Then I can worry about stopping to be motzei zera levatala. He gave me the number of a guy who will put filters on and said that he would even pay for it. Then he said well work from there.

=====

=====

Re: 15 year old boy who is addicted and seeking help please.

Posted by gibbor120 - 05 Oct 2011 16:36

---

Good filters and other gedarim are definitely the first step. May you take many more steps in the right direction!

=====

=====

Re: 15 year old boy who is addicted and seeking help please.  
Posted by obormottel - 05 Oct 2011 16:46

---

I'm always apprehensive to see teenagers on this site, but you're changing my mind to the benefit to even young teens from being on this forum. My humble advice would be to stick to your thread and not read too much into what other people with severe problems are saying on their threads.

But what courage to open up to your mashgiach! Being open and honest is the first, second, and third step to nipping this problem in the bud. I am really honored to be in your company. Keep up the good work.

=====

=====

Re: 15 year old boy who is addicted and seeking help please.  
Posted by JackAbbey - 05 Oct 2011 16:51

What a great kid you are! Can I adopt you? —

dear chosuveh bochur!

do you really really need to have access to internet at all?

=====

=====

Re: 15 year old boy who is addicted and seeking help please.  
Posted by sonofhades96 - 05 Oct 2011 23:19

---

Yes I need internet. I am trying to get a filter called K9 as soon as possible hopefully before Sukkot. I dont think that blocking pornography is going to prevent me from being motzei zera levatala but I definitely think it is a step.

=====

=====

Re: 15 year old boy who is addicted and seeking help please.

Posted by JackAbbey - 05 Oct 2011 23:28

---

k9 will block p\*\*\*

but it wont block you from seeing plenty immoralities

no filter in the world will block you totaly from pritzus

you have to block your mind from wanting to see bad stuff

then, only then, a filter can help you that you shouldnt stumble so much on immoralities

but why do you need internet?

=====

Re: 15 year old boy who is addicted and seeking help please.

Posted by Tzvi S. - 06 Oct 2011 03:40

---

Dear sonofhades96,

you are amazing. doing what your doing to recover in young age shows that you are a special person.

if you need a filter contact the GYE filter Gabai at [filter.gye@gmail.com](mailto:filter.gye@gmail.com) he will set it up for you and keep the password.

Good luck

Gmar chasimah tova

=====

Re: 15 year old boy who is addicted and seeking help please.

Posted by Back on Track - 06 Oct 2011 05:19

---

I share the saame question and apprehension, at the same time, right on- what courage to come forward and ask for help. Had I done that maybe I wouldn't have suffered for as long as I did, and I would have done a lot less z'l.

But young fellow I would juts add. That stopping the access to p\* is a step in stopping the sewage from flowing in. But you must look within yourself and see if there is also a different probalem within you, a lack of connection that causes you to predisposed to this. (There may or may not be. I can not profess to know).

Were you heavy into zl before you had ccess to p\*? If so, it shows that while p\* may exacerbate the problem. There is s/t more to it.... Keep it up. I really respect what ur doing.

=====

====