

Wow, what a place to be lets farbreng and heal...!!

Posted by Hashem Yaasfeni - 25 Oct 2011 20:57

Hello dear brothers,

I am a mix of Sefardi, grew up in England, davened in Ponevitsh and Chabad ! learned in Telshe, Lubavitch, etc had a father from gateshed, emotionally distant, always mussar, preaching rabbi, but did not love his kids and I was sent away overseas before bar mitvah to go to yeshiva, where sadly I was introduced to this stuff. I am now in my 40's married B"H with children, and I look forward to beginning the program and becoming one with all you special souls.

I love chassidus, Torah, Reb Shlomo's music and songs, love to be baal tefillah on Yomim Noraim, and anything that connects me to my fellow jews and Hashem with Ahava.

Thank you for having me....

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Re: Wow, what a place to be lets farbreng and heal...!!

Posted by tehilimzugger - 25 Oct 2011 21:05

SOUNDS LIKE YOU'LL FIT RIGHT IN! ;D

here's the standard welcome package

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.

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 will hold the passwords for you. We also highly advise installing "Reporting Software" such as 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 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

GYE E-Mail Helpline: gye.help@gmail.com

GYE Phone Hotline: 646-600-8100

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

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Re: Wow, what a place to be lets farbreng and heal...!!
Posted by Gevura Shebyesod - 25 Oct 2011 21:09

Welcome!

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Re: Wow, what a place to be lets farbreng and heal...!!
Posted by gibbor120 - 25 Oct 2011 21:15

WELCOME! Hop aboard, we're glad to "meet" you.

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Re: Wow, what a place to be lets farbreng and heal...!!
Posted by tehylimzugger - 25 Oct 2011 21:16

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Re: Wow, what a place to be lets farbreng and heal...!!
Posted by gibbor120 - 25 Oct 2011 21:17

[TehylimZugger wrote on 25 Oct 2011 21:16:](#)

Nu, hamaschil b'mitzva omrim lo g'mor. You started...
nobody told him anything about trucking yet...

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Re: Wow, what a place to be lets farbreng and heal...!!
Posted by bardichev - 25 Oct 2011 21:18

wow what a beautiful background

we can use your help in the cholint thread

putting that aside

welcome

we are here for u

keep on trucking

b

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Re: Wow, what a place to be lets farbreng and heal...!!
Posted by ThankuThankuThanku - 26 Oct 2011 09:47

Hi Asufa

you should have allot of talent, dying to meet ya

keep up your courageous trip

we are all hear/here for you

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Re: Wow, what a place to be lets farbreng and heal...!!

Posted by obormottel - 26 Oct 2011 20:27

welcome to fellow farbrengener!

L'Chaim!

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Re: Wow, what a place to be lets farbreng and heal...!!

Posted by Hashem Yaasfeni - 27 Oct 2011 20:54

Thanks for all the encouragement. I only discovered this site a week ago and it has given me the strength to make a break away. Just like Yosef hazadik. I feel good...! Great ...! Freeee...!

Can someone tell me whats the deal with the trucking? and wht do the yellow boxes near my name mean? is it amount of posts?

I just want to make one point that i learned from the Baal HaTanya that many people seem to miss here. I too struggled for years and was always depressed about my state of being until i realised its ok to have these struggles all the time. In fact its the normal way for a benoni, which we all are, except the rare few.

The struggle we are all having is actually the normal state of being. It is only Tzaddikim who

dont have to fight the yetzer Horah on a day to day basis, and tzaddikim are very rare to find, 36 (lamed vav) here and there thats it. People like King david who destroyed his YH as he said in theillim, 'Liby Chollal bekirbi' his heart was empty, yetzer horah gone completely.

Most of us however, must fight each day to stay on top. We are not statues. we are alive and like a flame, never stop moving, up and down, and the 2 yetzers keep fighting to take control of our minds and hearts. As the Tanya says, like two fighters trying to take control over a tower, the tower being ourselves as a whole body. **Its up to us who we let win the fight.**

So never despair, we are normal when we struggle. The only problem is, we have fed our bad yetzer and starved the good yetzer. its time to reverse the situation.

So dont get down, love life, love your kids be happy, and keep on truckin' ??!!! someone explain the trucking?

its therapy just to write to all my new anonymous friends....

too bad i cant add you as friends on facebook..!!!!

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Re: Wow, what a place to be lets farbreng and heal...!!
Posted by gibbor120 - 27 Oct 2011 20:56

[Hashem Yaasfeni wrote on 27 Oct 2011 20:54:](#)

too bad i cant add you as friends on facebook..!!!!

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Re: Wow, what a place to be lets farbreng and heal...!!
Posted by ZemirosShabbos - 27 Oct 2011 21:56

hello and welcome!

i love your intro paragraph about connecting with yidden and the RBSO with ahava. sign me up

let's farbreng!

(sometimes we farbreng on a flatbed 18-wheeler, with a live band, refreshments and a sound system.... kidding. trucking is part of the modus operandi here, that we just keep on going (trucking) come what may. stick around and you'll hear all about it)

wishing you a lot of hatzlocha

zs

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Re: Wow, what a place to be lets farbreng and heal...!!
Posted by 1daat - 30 Oct 2011 03:10

Welcome. If you feel like sharing a little about your situation, I'm all ears. I'll check in later.
Meantime,

hatzlocho

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Re: Wow, what a place to be lets farbreng and heal...!!

Posted by ThankuThankuThanku - 30 Oct 2011 14:38

Hashem Yaasfeni you can add me to face book

here i am

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