

ITS SO HARD

Posted by KEEPSTRONG - 11 Jan 2012 01:07

I cant believe that I am finally taking care of this problem. The fact that I know that other normal people have these issues is already part of the remedy. BUT ITS SO HARD. HELP!!!!!!

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Re: ITS SO HARD

Posted by NeiroYair - 11 Jan 2012 01:16

Everyone has issues, but these are extremely private and that's why it's so hard. I completely agree with you. Welcome! And maybe you and I can become accountability partners...I still don't ;D

Kol Tuv!

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Re: ITS SO HARD

Posted by KEEPSTRONG - 11 Jan 2012 01:53

I have to find out what that is first. where can I read up on that.

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Re: ITS SO HARD

Posted by Gevura Shebyesod - 11 Jan 2012 04:09
know what that fully means, but hey, in here it seems like the cool thing to say

Welcome aboard, Keepstrong!

The fact that you are here is a huge first step. You really want to take care of this. Yes it can be hard at first, but it will become easier with time.

Dive right in, post and share on the forum, read the handbooks, sign up for the emails. there are many paths to recovery, you will find what works for you. And you will have fun and make new

Here is a link to the "official welcome package" with links to all the "goodies".

<http://www.guardyoureyes.org/forum/index.php?topic=3677.0>

friends too.

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Gevura!

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Re: ITS SO HARD

Posted by KEEPSTRONG - 11 Jan 2012 04:44

To neiro yair. I learned what it means to be an accountability group and I would love to join with you. Keep me posted please.

Anybobody else interested?

Keep Strong, and Keep On Trucking!!! (You will find out what that means soon enough

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Re: ITS SO HARD

Posted by shadow in need - 11 Jan 2012 04:48

Indeed it is...and in todays day and age with the younger generation growing up with computers and tech we have the added difficulty of knowing how to maximize em for all types of potentials including for lust and such...I dont know if this applies to you as I dont know your age. In any case I find it helpful to remind myself that if I have been given a situation from G-d such as what we go through then its safe to say that he knows it is something we can overcome. Keeping it in mind when it feels impossable helps

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Re: ITS SO HARD

Posted by NeiroYair - 11 Jan 2012 05:18

KeepStrong, in case you haven't read Hashemevakesh's thread here's what I wrote to him, which applies to you:

"...And as I suggested to KEEPSTRONG in his thread, maybe we can join an accountability group- But first I'd like to hear your personal experiences and see if we have common

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Re: ITS SO HARD

Posted by davied - 11 Jan 2012 11:54

Welcome

We all have problems and its hard to deal with it even when your already here dosed mean things will change so fast its just the beginning of a long rollecoster raid..... Wean I posted I thored I'm finally opened my self to get help and it will be much ez for me to deal with my problem but its not like that it sill needs a LOT of work to be done to get rid of a problem

Enjoy to raid;)

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battlegrounds. KeepStrong, if you're reading this the same applies to you.....

Re: ITS SO HARD

Posted by alexeliezer - 11 Jan 2012 15:41

Keepstrong,

Welcome!

You will find much support here from people who share this nisayon.

But we each must do our own work, decide on a path, commit to it, and daven for syata d'shmaya.

Make a commitment to guard your eyes at all times, guard your mind from lustful thoughts. When lustful thoughts come, keep strong by turning the battle for your mind over to Hashem. Ask him to free you from lustful thoughts, to free you from lust altogether. Let go of your lust and live.

Hatzlocha,

Alex

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Re: ITS SO HARD

Posted by gibbor120 - 11 Jan 2012 16:46

WELCOME KEEPSTRONG! Glad to have you with us on our journey towards sanity!

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Re: ITS SO HARD

Posted by KEEPSTRONG - 11 Jan 2012 19:41

Thanks alexeliezer and gibbor120. Its great to be part to part of such a group. BTW I had a HUGE nisayon last night, and twice I was about to act out. When I turned on the computer, I first went to GYE, and b"h was able to be misgaber. whewww!!!!

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Re: ITS SO HARD

Posted by gibbor120 - 11 Jan 2012 19:48

Great! The goal is to have less of those encounters and to live farther from the edge.

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Re: ITS SO HARD

Posted by alexeliezer - 11 Jan 2012 20:14

If it's not absolutely necessary, try to keep the computer turned off at night. If you must get on, say a tefilah for shmira before you hit the power switch, do what you need to do, and get off. Don't linger and surf. Your sanity is too valuable.

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Re: ITS SO HARD

Posted by gibbor120 - 11 Jan 2012 21:14

[alexeliezer wrote on 11 Jan 2012 20:14:](#)

If you must get on, say a tefilah for shmira before you hit the power switch, do what you need to do, and get off.

You can also call a friend before and after you go on (possibly even during) to give yourself some extra shmira.

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Re: ITS SO HARD

Posted by Gevura Shebyesod - 11 Jan 2012 21:40

Do you have a filter on your computer? If not see here:

<http://www.guardureyes.com/GUE/Filters/filters.asp>

Surfing without a filter is like trucking without brakes!!! :o

Gevura!

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