

Introduction

Posted by tshuvanow - 03 Jul 2012 08:31

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Hi

I don't have time to post my full story right now, I hope to do so later this week. But for now I'll tell over my story very briefly:

My struggle really only began recently, around a year ago when I finished sem. My main problem was (and still is) books. I love to read. I live in Eretz Yisroel and have not found a library for English speaking chareidim. So when I couldn't find Kosher books..... I landed up reading very unkosher e-books (to say the least).

Which is why I am desperate to find a library with english books for chareidim. It doesn't matter to me how far it is coz I'm willing to travel the distance.

I'd be very happy if someone out there can help me out.

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Re: Introduction

Posted by YesodHayesodos - 03 Jul 2012 10:00

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Hi tshuvanow, welcome! You've come to the right place. You are not alone.

This is the standard welcome mail and it is a beginning. As far as kosher ebooks in english are concerned try the GYE ebooks: <http://www.guardyoureyes.com/ebooks>

Let me give you our standard welcoming e-mail that can help you get started on the journey. I particularly suggest reading our handbook (linked below):

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.

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. On our forum, chats, hotlines and phone conferences, only nicknames and non-revealing e-mail addresses are used. For starters, you may want to make yourself an anonymous e-mail address (something like [growingJew@gmail.com](mailto:growingJew@gmail.com)).

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

1) See the "GYE Program in a Nutshell" 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 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) Visit the forum where hundreds of people 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 a free anonymous phone conference 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) Read the "Guard Your Eyes Handbook" (a hard copy can be purchased for cost price here). The handbook details the GYE program which includes 20 tools in progressive order, beginning with the most basic and fundamental approaches to dealing with this struggle/addiction, and continuing through increasingly earnest and powerful methods. No matter what level our struggle/addiction may have advanced to, we will be able to find the right tools to break free in this handbook!

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](tel:646-600-8100)

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

One note your name is tshuva now. But tshuva is a long process. On the other hand it is a daily avoido try be clean just for one day. And focus on this every day. You cannot control your future but the present is in your hands.

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Re: Introduction

Posted by alexeliezer - 03 Jul 2012 17:39

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[tshuvanow wrote on 03 Jul 2012 08:31:](#)

around a year ago when I finished sem.

As in women's seminary? Just checking. There is a separate forum for women.

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Re: Introduction

Posted by obormottel - 03 Jul 2012 20:44

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I saw that too...funny...

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Re: Introduction

Posted by tshuvanow - 03 Jul 2012 21:52

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Oops, sorry.

I didn't realize this was not the women's forum.

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