

Hello, I am new in this new website... I'm worried

Posted by Ineedhelp - 17 Jan 2013 13:52

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I need help on my addiction from dirty website I go to and mostly masturbation... The longest days I have lasted without falling was 6 months... and now I have lasted 40 days and then I have fall again... I need help, I mean I have keep falling... My main concerns right now is how am I able to get back up as I have couple months ago?... and also I am worried out of the most of all is what does G-d think of me because I have lied to Him a lot by praying for forgiveness and then go back? Things have gotten much difficult when I am alone by myself because when I with a lot of people in the house I'm strong but when I am alone is difficult because I have moved out to a different part of the city... How would G-d response to people like this that commit this despicable sin??? please try not tell me soft things... I just need to hear the truth even though it is very harsh because I love truth even if it hurts me... I am going to turn 20 very soon I need to get this both addiction out of the way because It seems like the Satan have fought me real bad just right before 20 years of age... "What does G-d says about this sin? and

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Re: Hello, I am new in this new website... I'm worried

Posted by melost - 17 Jan 2013 19:07

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welcome u have come to the right place first of all being sober for so long is great stuff GOD LOVES U AND UNDERSTANDS U its very good that u are dealing with it when u are young

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Re: Hello, I am new in this new website... I'm worried

Posted by Ineedhelp - 20 Jan 2013 09:15

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I do have filter up but thoughts keep getting in my head to do it even without computer... I made

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Re: Hello, I am new in this new website... I'm worried

Posted by help613 - 20 Jan 2013 15:00

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You have come to the right address !! I am of similar age to you and also struggled allot after doing things with my GF, im still not clean but working hard on things !! The main thing is, you have to believe in yourself ! Take on yourself an amount of time, and say, UNDER NO CIRCUMSTANCES will you fall for THIS period of time...

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Re: Hello, I am new in this new website... I'm worried  
Posted by chaimcharlie - 22 Jan 2013 12:56

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Hey, man.

I liked what you said about that it's easier when your'e with other people, that's so true, our disease thrives in isolation when we get out of ourselves we feel so good and maybe even healthy. Maybe Hashem wants you to work more on connecting with others even in your situation, perhaps even opening up to a real person about this.

Gotta remember that the main part of the struggle isn't standing up directly against the Y"H, for that some of us are completley doomed and maybe can't even be held accountable, but the things we can to do live a healthy life where there just isn't time or room for the lust to come knocking, that there is a tom we can do about.

I love lust so very much,

but I love myself even more,

all the best,

Chaim

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Re: Hello, I am new in this new website... I'm worried  
Posted by Divrei Chaim - 22 Jan 2013 13:54

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[the.guard wrote:](#)

First Time on GYE?

[Click here](#) to learn the few quick things we suggest to help you jump straight into your journey! --

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**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 . 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](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 these areas. We're all in the same boat here. *Tzuras Rabim Chatzi Nechama* 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

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: [gve.help@gmail.com](mailto:gve.help@gmail.com) GYE Phone Hotline: 646-600-8100 Help us help others: [Donate Here](#)

I recommend you to read the GYE handbook and especially the attitudes section. Tell us more about your struggle. There are also veterans like R. Dov on this page and they have years of sobriety and serenity. I believe that they could help you -- you may pm them.

Hatzloche. Keep posting.

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Re: Hello, I am new in this new website... I'm worried  
Posted by Joenoahide - 30 Jan 2013 18:36

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I have been addicted to mast\*\*\*\* from like 10 to 17 but didn't really know it. I was numb through out middle school and high school, its like cocaine.

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Re: Hello, I am new in this new website... I'm worried  
Posted by Othniel - 31 Jan 2013 02:10

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A question I had once: God knew man would fall, yet He still created us. Why? God created

you; don't you think He knew the struggles you were going to face? God created because He wanted to create; there is no reason. He just wanted to. He created YOU also so He must want you too.

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Re: Hello, I am new in this new website... I'm worried  
Posted by melost - 01 Feb 2013 16:29

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[Ineedhelp wrote:](#)

I do have filter up but thoughts keep getting in my head to do it even without computer... I made

sins with my ex girlfriend now it's haunting me for very long time...

lets foget about sins the yh frives on getting u depressed oh i sined smimed look only at the future dont look back only to learn from it .no white knuckling it just speak to god join one of the phone confrences and start the path of recovery hatzloche

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Re: Hello, I am new in this new website... I'm worried

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Posted by help613 - 11 Feb 2013 16:04

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Joenoahide,

If you want to save your soul and the soul of your future beautiful wife IYH,

you have to deal with this, I am not talking about the "aveyra" point of view, thats between you and H' but Im talking about the "bein adom l'chaveyro" point of view.

The experience you wen't through requires professional care, not to stop you from acting out in the future, but to protect you from life to make you achieve your highest possible results of life !

I don't know you at all, but I already feel so close to you.

Send me a private message and well stay in touch !!

Lots of love

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