

Hello everybody!

Posted by benchaim - 19 Jun 2016 17:16

Hey everyone...I'd just like to say hi and introduce myself. I've been struggling with shmiras einayim for around 6/7 years, which greatly affected my life....while I was in yeshiva it made me lose all my cheshek in learning, as I spent so much of my time 'locked in the bathroom'. Unfortunately, I didn't realize how badly it was affecting me until I found GYE about 8 months ago...I have never completed 90 days, although when I first found GYE I did 85 days (!) before falling. But I wasn't using GYE then, rather I got inspired by them and did my own program. HUGE MISTAKE! Now that I am in the program, read the material, and follow the advice I am having an easier time, as I am doing 90 days with a sense of purpose, and not just forcing myself no to "act out" for 90 days. I have no "live person" to help me out, so this website - and all the members are literally my lifeline.

~ Benchaim

=====

Re: Hello everybody!

Posted by markz - 19 Jun 2016 17:19

Son of life I hope you enjoy life with us

I personally have gained tremendously even without "live person" help. If that works for you, cool. If not, keep that option open

All the best, my brother

=====

Re: Hello everybody!

Posted by cordnoy - 19 Jun 2016 17:23

Welcome,

Continued hatzlachah

=====

=====