

I came back on GYE

Posted by goingtobebetter - 11 May 2025 03:09

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Hello everyone,

I'm back on GYE. After a few years away from the platform (and even having my old account I don't have a long story to share, just the same struggle that everyone else here is working on. I can go for periods of time without any urges or falls, but due to poor choices that I made, when I am triggered, I usually fall... Its basically a pattern of falling for a few days, all the while davening to Hashem for forgiveness, until I finally move away from that shameful behavior. I try to close off access to the area that I fell, and then I start my Teshuva process: Feeling bad, sad, upset... This usually lasts for a few days, then I get busy with my life again, and that shameful episode starts to fade away, until the next time I am challenged, and the process repeats itself. Part of what makes my issue so complicated, is that I can go for periods of time without any urges or struggles, so I'm never sure how much of an emphasis I should be putting on fighting this. But my most recent fall convinced me that I need to do something more. So I went back online. The website seems to have changed a lot since then. I The new personalized flight plans look encouraging, and I also bought myself a notebook to record my thoughts in. I'm not part of any online forums, so i don't know how Active I'll be on here, but figured I'd reintroduce myself to yall. Let's see where deleted) I created a new user name and new account. So here I am this goes.

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Re: I came back on GYE

Posted by yitzchokm - 11 May 2025 15:06

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Regularly reading The Battle of the Generation can keep you prepared at all times so that when you have an urge you are prepared to fight. You can get the book here:

<https://guardyoureyes.com/ebooks/item/the-battle-of-the-generation>

There is an audio book and at the end of the page there is a download button for a pdf of the book.

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Re: I came back on GYE

Posted by daverose - 11 May 2025 20:54

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Im not to far into this to give advice but i think this is common sense. pls do yourself a favor and reach out to someone from here. It might sound hard but it will be the best thing you have ever done. To give yourself a chance you will have to jump all in. All the best!

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Re: I came back on GYE

Posted by chassidish - 11 May 2025 22:08

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thanks, i relate.

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Re: I came back on GYE

Posted by goingtobebetter - 12 May 2025 00:04

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Thanks everyone. @yitzchokm, I've read the book twice. Its a great book, but hasn't really worked. Found myself, unable/unwilling to implement the stratagies when I'm challenged.

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Re: I came back on GYE

Posted by yitzchokm - 12 May 2025 01:05

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Maybe speak with one of the mentors on GYE.

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