

TrueRatzon (Kedusha252) - Hello to All
Posted by Kedusha252 - 16 Feb 2010 03:09

Hello this is Kedusha252. This sight has been a tremendous help for me. I am now 18 days clean which is my longest streak since the summer when I was in sleep-away camp without the external yetzer harah. I'm not sure if I would've made it this far without guargyoureyes.org. This website has motivated and inspired me to keep adding those clean days one after another. It has made the process of breaking the addiction easier than I thought. Although there are many challenges still ahead I am excited to tangle with them and try my best each day. Thanks for being there fighting this fight together, all of you!

Keep it up and keep the yetzer hatov vibrant and present!

~Kedusha252

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Re: TrueRatzon - Hello to All
Posted by silentbattle - 16 Feb 2010 04:55

Welcome, Reb Kedusha252!

It's really incredible what this site can do, right? I owe everyone here so much!

Realizing that we don't have to be prisoners, that we can fight against this thing that everyone thinks is normal...that we don't *have* to fight it, that we can live our lives with out it...it's an incredible concept.

Glad to have you here!

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Re: TrueRatzon - Hello to All
Posted by aryehtahor - 16 Feb 2010 05:18

[Kedusha252 wrote on 16 Feb 2010 03:09:](#)

Although there are many challenges still ahead I am excited to tangle with them and try my best each day.

In many ways, having an addiction like this one is a blessing in disguise. It gives us the opportunity to work hard to overcome it and reap all the spiritual benefits that come from that struggle and our success. As another example, someone who has never been grossly unhealthy and worked hard to change habits and restore health, cannot truly appreciate the blessing of having a normal healthy body. Falling into the addiction and getting out of it are not events that cancel each other out. On the contrary , we undergo a major aliyah from this process.

So it's fantastic that you are excited for the challenges as well as the successes.

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Re: TrueRatzon - Hello to All
Posted by Holy Yid - 16 Feb 2010 05:49

Welcome. Your spirit is an inspiration for me and I have been here for six months.

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Re: TrueRatzon - Hello to All
Posted by imtrying25 - 16 Feb 2010 12:01

Welcome k252!!

Thanks for joining us! and your attitude seems great. keep it up and iyh youll get far!! Just never forget that the yh has his tricks. ask all the people here. Some have gone for a really long time and fell. Keep it up to the yh to figure out a way!! But it seems your looking out for the tripups. Thats good. Keep your eyes open and mind strong youll get far.

Hatzlacha!

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Re: TrueRatzon - Hello to All
Posted by the.guard - 16 Feb 2010 12:12

Dear Kedusha252, (you might want to change your name to something like "holy252" since someone here is already known as "Kedusha" and it might cause some confusion when people)

I am the admin of this forum. Welcome to our community! Once you've arrived, there's no turning back. Everyone here will just grab a hold of you and pull you up, up, up!

It's so nice to hear our our website is helping you. 18 days is a great start. Keep up the good work!

Scientific studies have shown that it takes 90 days to change a neural thought pattern that was ingrained in the brain through addictive behaviors. Did you join the [90 day chart](#) on-line? Sign up [over here](#)...

Make sure to install a strong filter. It will be almost impossible to break free of this while having all the garbage within a mouse click away. See [this page](#) for one good filter option, along with instructions on how to install it best - and give away the password to our "filter Gabai"... See [this page](#) for another 20 (or so) filter ideas and information...

We get cries for help every day, by e-mail and on the forum. *Tzuras Rabim Chatzi Nechama* And that is why we created the GYE handbooks (links below). If you read them well, from beginning to end, slowly, and try to implement what you read, you will find the answers within them to enable you to completely turn your life around. **You're worth it.**

Also, join the [daily Chizuk e-mail lists](#) to get fresh chizuk every day, and post away on this forum. You will get tons of daily Chizuk and support. This disease can't be beat alone. It works best when you get out of isolation!

GuardYourEyes also offers various free anonymous phone conferences, where you can join a group of other frum Yidden, along with an experienced sponsor. See [this page](#) for four different options. Our conferences are taking place daily, throughout the week... This would be a tremendous step in the right direction for you and help you learn freedom from this addiction. Not only will you learn the secret of the 12-Steps - which is known to be the world's most powerful program for beating addiction having helped millions world wide, but joining the group will be another way of GETTING OUT OF ISOLATION and connecting with others who are going through what you are.

Let me tell you a little about the two GuardYourEyes handbooks. They lay down the cornerstone and foundation of our work, and they make our network much more effective and helpful for people.

You see, until now, people would often get "lost" when coming to our website, not knowing what tips and techniques to try. For example, a beginner wouldn't jump straight into therapy or 12-Step groups, while on the other hand, someone whose addiction was more advanced wouldn't be helped by the standard tips of "making fences" putting in "filters" etc... So it was essential to develop a handbook which details all the techniques and tools to dealing with this addiction in progressive order. Now with these handbooks, anyone can read through and see what steps they've tried already, and if those steps haven't worked, they can continue on through the handbook where the steps become progressively more powerful and "addiction-oriented".

And the second handbook, called the "Attitude" handbook, can also help anyone, no matter what level of addiction they may have. Often people write in to us saying that had they only known the proper outlook & attitude that we try and share on the GuardYourEyes network when

they were younger, they would have never fallen into an addiction in the first place! So we hope that through this handbook, many addictions will be prevented.

The handbooks are PDF files, set up as eBooks, and they have bookmarks and hyper-links in the Index, to make them easy to navigate.

Note: You might want to print them out to read away from the computer. Keep in mind though, that if you do this, you won't be able to click on the many web links in the articles. But you can always come back to them later. The truth is, it's anyway good to go through the whole handbook once without clicking on links, just to get an overview of all the tools available. Once you did that, you can start again from tool #1 and read each tool through more carefully, click the links and study each technique and assess whether you have tried it fully yet or not...

Right click on the links below and select "Save Link/Target As" to download the handbooks to your computer.

1) [The GuardYourEyes Handbook](#)

This Handbook details 18 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. For the first time, we can gauge our level of addiction and find the appropriate tools for our particular situation. And no matter what level our addiction may have advanced to, we will be able to find the right tools to break free in this handbook!

2) [The GuardYourEyes Attitude](#)

The Attitude Handbook details 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...

May Hashem be with you!

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Re: TrueRatzon - Hello to All
Posted by shemirateinayim - 16 Feb 2010 21:36

welcome to the forum. this is the place where we bond, vent, and come-to for an inspiring hug. We have our share of characters and personalities, in addition to bnei torei and bnei aliyah. Even a few talmidei chachamim reportedly, although they seem to refrain from posting too much torah [at least i haven't found it]. make yourself at home, and get to know the personalities on here. And if you need help finding your chevra, you can search a persons previous posts by clicking on their username, and veiwing their profile.

And we are always here for chizuk, even at the most random times of the day.

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Re: TrueRatzon - Hello to All
Posted by Kedusha - 16 Feb 2010 23:13

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Re: TrueRatzon - Hello to All
Posted by shemirateinayim - 17 Feb 2010 01:35

yeh but I like your avatar better.....wait who's who?

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Re: TrueRatzon (Kedusha252) - Hello to All
Posted by shemirateinayim - 17 Feb 2010 21:13

Ok so now how are you doing. Speak to us, and let's work on this issue.

HAve you read the GYE handbook yet?

"Aln davar Haomeid bifnei Haratzon...."

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Re: TrueRatzon (Kedusha252) - Hello to All
Posted by Holy Yid - 17 Feb 2010 21:17

Talk to us. What is going on in your life?

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