

a new ship mate intro

Posted by pgreen6840 - 02 Apr 2010 12:48

Shalom

I have been on Duvid Chaim phone conference since this cycle started. It has been a G-d send answer for. Eventhough I have been in a diff 12 step program years ago (for a diff addiction) having frum people who I can be understood by and share with , at this time in my life has renewed my hope.

Good Jewish guilt only makes the behavior more painful and shaming afterwards. I humbly have been led to this group and JUST FOR TODAY let go of the past insanity . I am learning that I know and never knew anything about just how insidious the disease is. I guess part of the subjective Gehinnon (another location EGO is found) we get such tunnel vision from our treadmill, we never realize how many other are trapped on their treadmills from hell.

I am grateful to be here and have found a new family and support system. There is breathe; there must still be hope...

It is my prayer to stay in recovery and make it to the promised land after completing this journey thru the hot and dangerous desert of life , now that I have been shown the way out of my personal Egypt, truly a place of tumah, and mai - tzarim and slavery to Avodah Zorah's...

Kol tuv and I welcome new friends to help fill the hole in my soul

Tashuv -Hai or Pesach

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Re: a new ship mate intro

Posted by commando612 - 02 Apr 2010 14:59

Shalom Tashuv-Hai !

Welcome ! Sounds like you have some great attitudes and that will make a world of difference.

And yes, there is always hope, especially during Pesach.

Can you tell us what your name "Tashuv-Hai" means ?

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Re: a new ship mate intro

Posted by pgreen6840 - 02 Apr 2010 15:58

Thank you for the reply and valid concern.

The complete word Tashuvah is really broken down into 2 parts (chasddic interprtation) Tashuv Hai (letter hey) When we do tashuvah we bring back the Hey or part of Hashem we detach from ourselves we we sin by ; thought , speech or action. So, when we are in teh process of coming back /returning then we return HASHEM (the Hey or Hai) back to us and then there is a Tashuv-Hei ;hence the reason for my name. To bring G-d back into focus and get the EGO out.

Incidentally speaking of EGO. That is the subjective perspective of remembering teh going out of EGYPT every day..... The journey from EGYPT (the place of EGO and Avodah Zarah to selflessness through our journey into recovery (recover {tashuvah }) and Geulah Shelaimah.

Even though I am 55 years young this may be one (if not the only) freedom I have felt in many decades. May we all be zoche , ONE DAY AT A TIME, to a complete TAshuv-hai and a geulah selaimah !

Kol Tuv

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Re: a new ship mate intro

Posted by Holy Yid - 02 Apr 2010 19:33

welcome, wishing you muchluck.

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Re: a new ship mate intro

Posted by the.guard - 03 Apr 2010 18:26

Dear Tashuv-hai,

I am the admin of this forum. Welcome to our community. I am happy to hear that you are gaining from Duvid Chaim's fantastic calls - and shipmates!

Perfect timing, joining the forum on Pesach, as we embark on our journey from Mitzrayim to freedom - to serve Hashem.

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...

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!

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: a new ship mate intro
Posted by trying123 - 04 Apr 2010 09:11

Wow Wow Wow...

Reb Teshuva Hai,

I don't know why but your story inspires me...

Is it the:

Attitude?

Gratitude?

Hope?

I don't know... Just keep it up....

glad to have you as part of GYE...

Peace and Love Brother...

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Re: a new ship mate intro

Posted by DovInIsrael - 07 Apr 2010 11:02

found the vort on Tashuv-Hai in the Bnei Yissachar.

would have completely over looked it if you did not bring it to our attention.

THANKS !

now I understand there is t'shuvah and there is T'SHUV HAI!!!!

the second seems like a much better plan!

dov in israel

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