

imperfect post by new member

Posted by Shteeble - 15 Aug 2010 20:05

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Hello.

I am a new member. I am also kind of a perfectionist... So if I would try to put out a good post, it would take me a long time.

So, just for the sake of getting started.

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Forget it. Just thinking about what to write took me about twelve minutes so far! :-\

I'll just say hello!

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Re: imperfect post by new member

Posted by mnman415 - 18 Aug 2010 03:59

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it took me over a year to make a post! and today was my 1st post in who knows how long???

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Re: imperfect post by new member

Posted by trying123 - 18 Aug 2010 10:08

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[HashemsSoldier wrote on 18 Aug 2010 03:59:](#)

it took me over a year to make a post! and today was my 1st post in who knows how long???

Well, Kudos to you!!!!

Keep at it....

A post need not be some big scientific discovery or a new psychological theory....

I just post whatever comes to mind. It seems to work!!

Keep on posting!!!!

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Re: imperfect post by new member  
Posted by silentbattle - 18 Aug 2010 19:24

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Reb Trying makes an excellent point - this isn't about having huge epiphanies. There are days when you'll have them, don't get me wrong. But not every day will be like that, and there are a lot of growing steps that you'll take that won't seem major or explosive. Until 3 months later, when you think back, or re-read your posts, and realize how important those days were. The quiet, simple moving forward in life.

The important thing is to open up. Most people (certainly myself) find that it helps a lot.

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Re: imperfect post by new member  
Posted by Shteeble - 19 Aug 2010 23:20

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Thank you all for your posting. I am really enjoying the new insights and the chizuk. I am trying to start up sort of a thread for tips on how to enjoy learning torah. I posted it recently in the WHAT WORKS FOR ME forum. Please take the time to post your ideas over there. That would be a big help to me, as this is an inyan I need chizuk in.

Thanks again. Kol Tuv.



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Re: imperfect post by new member  
Posted by Shteeble - 22 Aug 2010 02:43

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And here's my borrowed welcome package. (so I know where to find it easy)

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.

Before the handbook people would often get "lost" when coming to our website, not knowing what tips and techniques to try. For example, someone with a low level addiction wouldn't jump straight into therapy or 12-Step groups, while someone whose addiction was more advanced wouldn't be helped by the standard tips of "making fences", putting in "filters" etc... For the first time ever, this handbook details all the techniques and tools dealing with this addiction in progressive order. Now, anyone can read it through and see what steps they've tried already, and if those steps haven't worked, they can continue on through the handbook to the next tools, as the suggestions become progressively more "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: imperfect post by new member  
Posted by silentbattle - 22 Aug 2010 05:32

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My apologies for not posting the welcome package for you...I've been very busy and sitracted

recently...

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Re: imperfect post by new member  
Posted by trying123 - 22 Aug 2010 05:49

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[silentbattle wrote on 22 Aug 2010 05:32:](#)

My apologies for not posting the welcome package for you...I've been very busy and sitracted recently...

Yup... you definitely sound Sitracted... 😊 😊

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Re: imperfect post by new member  
Posted by ur-a-jew - 24 Aug 2010 18:11

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[world wrote on 17 Aug 2010 10:20:](#)

I am married B&#148;H, and I have a few children. The nisayon is something I&#146;ve been struggling with most of my life. I have had a period of success in this inyan for a few years.

Welcome, World. Having had a period of success for a few years you probably have a lot to teach us all. So as the others have said don't worry about getting down your thoughts perfectly. Besides, perfect posts are posts that come from the heart not necessarily posts that are written well. Hatzlacha on your journey.

[world wrote on 17 Aug 2010 10:20:](#)

dih hi nu

Always wanted to know how to spell that.

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Re: imperfect post by new member  
Posted by trying123 - 25 Aug 2010 02:15

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"dih hi nu"

Always wanted to know how to spell that.

It's:

"De High Knew" :o :o ??? ??? :😄 :😄

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Re: imperfect post by new member  
Posted by mnman415 - 17 Oct 2010 01:22

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hello world, seeing how we are the only ones part of the reply chevra so far, here i am...giving you my chizzuk!

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Re: imperfect post by new member  
Posted by Shteeble - 17 Oct 2010 02:08

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At least we attracted some pretty choshuva replies to "the reply chevra" thread. 😊

Dov is right.

The system has to be worked into something that doesn't feel like an obligation.

We'll get it right.



Thanks for replying. 😊

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Re: imperfect post by new member  
Posted by frumfiend - 17 Oct 2010 02:29

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Lets use our imperfections to bring the world to its perfection.

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Re: imperfect post by new member  
Posted by Shteeble - 17 Oct 2010 09:35

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okay. :D



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Re: imperfect post by new member  
Posted by kutan - 17 Oct 2010 15:09

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Hi world,

I finally discovered your thread... nu, so you too are a perfectionist?

Kutan was too!

Just to give yo ua little chizuk that one can get out of it.

(yes, I did not fix that mistake on purpose!\_)

Now, I really should not have even commented that comment, but ...oh, never mind.

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Re: imperfect post by new member  
Posted by Shteeble - 17 Oct 2010 16:56

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