

Coming on Board

Posted by BirkasHachamah - 19 Sep 2010 12:33

Hi out there!

I'm pretty nervous about this whole thing but decided during the Yamim Noraim that it's about time! I actually became a member quite some time ago, but have been hesitant to post anything till now. I realized though that deep down, things weren't really getting fundamentally better, and that I was only fooling myself. Truth is, that even once I've started typing this message, i already feel like I've broken the ice a bit, and that I am now part of a wonderful, supportive community. I will post a more substantive message soon, but for now just wanted to introduce myself. May this be our year!

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Re: Coming on Board

Posted by cleareyes613@gmail.com - 19 Sep 2010 13:25

Welcome. Looking forward to hearing more about yourself.

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Re: Coming on Board

Posted by ur-a-jew - 19 Sep 2010 13:40

Welcome. Congratulations on joining. You won't regret it (and it shows that this year your promise on Yom Kippur to change was real). But now its time to get to work. Sign up for the daily emails (and read them). Sign up for a partner, download the handbook and get to know people here by reading their threads. You're bound to discover lots of people whose situation is very similar to yours and you'll be able to come out of isolation which is what this addiction thrives on. You also may want to give some details about your own situation so you can get the most out of the forum. Finally, don't be nervous about posting it will take us at least 27 years to figure out who you are. Hatzlocha.

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Re: Coming on Board

Posted by david712 - 19 Sep 2010 14:31

Welcome..

Once you pop you wont stop..

The time has come for you to meet the chevra..

Take a seat and have a drink..

Shalom Alaichem My friend..

May this Year be THE year.

Looking forward to your future posts..

David

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Re: Coming on Board

Posted by Jooboy - 19 Sep 2010 16:56

Welcome

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Re: Coming on Board

Posted by Shteeble - 20 Sep 2010 00:10

Dear Birkas,

Welcome to GYE!

You now have a lot of friends that are interested in your growth.

Feel free to post about your experiences or any current challenges you can use help with.

It's also important to know that bardichev gives out free ice cream with heimishe hechser.

After shemini atzeres you can have crunch too.

Calling all bardichevs. Calling all bardichevs. New member could use a gevvvvaahllldiggggkkker welcome.

Sorry for rambling, but I really like this site.

It gives me a lot of chizuk.

iy"H it will give you a lot of chizuk too!

kol tuv.

vanilla vanilla vanilla crrrruhhhhnnccctccchhhh.

It's past my bedtime.

:o

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Re: Coming on Board

Posted by desperate_teddybear - 20 Sep 2010 00:47

I realized though that deep down, things weren't really getting fundamentally better, and that I was only fooling myself

same here.

you think it's going to get better and it looks like it and then BAM you realize it didn't get better at all.

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Re: Coming on Board

Posted by bardichev - 20 Sep 2010 05:48

Birkas hachama

Welcome

Enjoy the ride

Keep on trucking!!

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Re: Coming on Board

Posted by Shteeble - 20 Sep 2010 12:16

Hey what happened to your caps lock key R' Bard?

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Re: Coming on Board

Posted by bardichev - 20 Sep 2010 14:20

igave it up

after a humbling situation

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Re: Coming on Board

Posted by silentbattle - 22 Sep 2010 04:21

Welcome! Writing your first post isn't easy - congratulations! and realizing that we need help, that's we;re stuck in a crazy situation...not a fun realization, but man...OH so necessary! Glad to have you on board!

Aaaand...here's your welcome package!

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!

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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