

Bruchim Ha-Nimtsaim

Posted by admonymous - 27 Oct 2010 07:58

Shalom, I am happy to join this forum and I would like to say a couple of words to introduce myself.

I am almost 40, married +. My addiction has a long history, about 26 years. It included voyeurism, frotteurism, porno, Internet and street peeping. It almost ruined my family and it definitely caused a serious mental damage to me. I succeeded to maintain sobriety from most of behaviors, including porno and masturbation for last 2 years, working mostly alone with the books, but I still feel that I can't give it up completely. It's still on my mind.

I recently joined local SA group in order not to work on it alone.

Hope to be active member on this forum, to help and to share.

Thank you.

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Re: Bruchim Ha-Nimtsaim

Posted by Yesod Tzadik - 27 Oct 2010 10:26

Welcome, admonymous !

I'm also pretty new here.

Dont forget priciple 13 of the Attitude handbook:

“One day at a time”

Take the struggle only “one day at a time.”

Try never to focus on the future or wonder how we will manage.

Hatzlucha and Be gebensht

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Re: Bruchim Ha-Nimtsaim

Posted by admonymous - 27 Oct 2010 11:08

Thank you, tomid besimcha.

Tatzliach you too!

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Re: Bruchim Ha-Nimtsaim

Posted by ZemirosShabbos - 27 Oct 2010 14:00

Dear Admonymous,

Sometimes it's one hour at a time...

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!

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.

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: Bruchim Ha-Nimtsaim

Posted by admonymous - 27 Oct 2010 14:04

Thanks a lot for such a detailed guide!

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Re: Bruchim Ha-Nimtsaim

Posted by ZemirosShabbos - 27 Oct 2010 14:12

that is the 'welcome package' made by the Guard, the admin of this site. just one of the innumerable things he does for us. if you meet him ask him for a brocha (or two). just look for a guy with a huge spudik pulled down low over his eyes. i think he was last seen near some type

seriously, welcome to this great place. sit down and stay a while, read, post and learn. there is lots and lots you can gain here. we can gain from you as well so keep posting.

behatzlocha

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Re: Bruchim Ha-Nimtsaim

Posted by 1daat - 27 Oct 2010 22:13

Wow. You've done so much recovery work. We are all going to learn a lot from you. of palace in England, seems like the Queen needed help signing up.

Anything you need, just ask. Somebody'll get to you. Welcome!

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Re: Bruchim Ha-Nimtsaim

Posted by admonymous - 28 Oct 2010 06:41

Thank you, guys, for brachot hamot!

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Re: Bruchim Ha-Nimtsaim
Posted by ZemirosShabbos - 28 Oct 2010 14:10

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Re: Bruchim Ha-Nimtsaim
Posted by jewinpain - 29 Oct 2010 02:55

Welcome aboard rabbi admonimous, I am sure u can share with us some gr8 things u learned in ur SA meetings, its nice to have u hear, & u did a brave step for joining a group, it will sure help u in recovery,plz keep us posted of how things go

Hashem will help u

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chazak ubaruch!

Re: Bruchim Ha-Nimtsaim
Posted by ur-a-jew - 31 Oct 2010 04:53

Ad... Welcome. I'm around your age and been suffering for about as long as you. You've come to the right place. Poke around the forums there is a storehouse of knowledge here to help you. Signup for the daily emails. And Hatzlacha on your journey you've come to the right place.

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Re: Bruchim Ha-Nimtsaim
Posted by admonimous - 31 Oct 2010 07:51

Thank you all! Your greetings make me feel much better!

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Re: Bruchim Ha-Nimtsaim

Posted by the.guard - 31 Oct 2010 15:32

Hi admonimous,

Welcome. It's so good to have you here. We need guys like you - who have seen what lust does to their lives, and who has serious experience in recovery, and who are working the 12-Steps in groups. You can be a big asset to our forum. Please share with us what you learn in the groups, and share details of your progress and personal journey here.

BTW. If I see inspiring posts from you, I will include them once in a while in the daily chizuk e-mails to 1700 members bl"n!

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Re: Bruchim Ha-Nimtsaim

Posted by ZemirosShabbos - 31 Oct 2010 18:26

psssst... reb Admonious, that was the Heilige Guard himself who just stopped by your thread, consider yourself blessed and try to get his autograph on his way out....

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