

21 year old male - newbie

Posted by james303 - 04 Nov 2010 00:58

Hi

I am a 21 year old guy who's had an addiction since I was 14. I'm quite shy and not very sociable, which is why I think I've really struggled with this addiction.

I found this site on Thursday last week and B"H since then not fallen into the trap. I currently feel like I can overcome this horrible disease and have never felt this strong before.

I've started using the chart to which I pass level 2 and want to know what exactly these levels refer to, if someone could provide some insight that would be great

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Re: 21 year old male - newbie

Posted by mnman415 - 04 Nov 2010 01:05

i dont use the chart. but i think that the levels are just there so you see yourself climb up and up and up and to give a chashivus to yourself for the longer you go.

do you have a filter? its essential. im also not so sociable and i think that also had to do with where i am at now, that is what is so special about GYE (among many other thing) it doesnt matter your personality, its anonymous! i recomend that you make you own thread for 90 days, it will help you and help many others on this site

hatzlacha

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Re: 21 year old male - newbie

Posted by james303 - 04 Nov 2010 01:18

Yes, I've been using K9WebProtection and registered that to the Guardureyes account.

I'm really pleased a came across this site (from a question posted on Yahoo questions) as I really didn't think there was a Jewish recovery group out here.

Thanks for advice on the 90 day thread, I shall have a go at that

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Re: 21 year old male - newbie

Posted by mnman415 - 04 Nov 2010 01:29

then i shall see you next in your 90 day thread!

cant wait to see you!

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Re: 21 year old male - newbie

Posted by ZemirosShabbos - 04 Nov 2010 19:14

Dear James303,

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!

We get cries for help every day, by e-mail and on the forum. *Tzuras Rabim Chatzi Nechama*

GuardYourEyes also offers various free anonymous phone conferences, where you can join a group of other from 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: 21 year old male - newbie

Posted by aa1977 - 04 Nov 2010 19:40

Welcome Mr.21

I wonder if we're all social outcasts here (or at least feel that way). I know I gave up on my abilities to socialize when I was about 7 or 8. Others had 'it' and I just didn't. From there it was straight into fantasy land, and I'm still learning to truly connect and be present with other people, 25 years later. Living in fantasy land meant I never got to mature emotionally like others did. I was alive, but wasn't really there. My emotional age now is somewhere around 18, perhaps even less (like maybe 8?!!). What to do? I've gotta start where I am and move forward.

Good to have you onboard. Keep posting and take one day at a time. There are some amazing folks here with a lot of experience, humility and wisdom.

Take a good look around the site. The handbooks are brilliant. I'm finding the neder's a big help for me. There's every chance for us all to beat this, with the RBSO's help.

Much hatzlocho,

AA

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Re: 21 year old male - newbie

Posted by frumfiend - 05 Nov 2010 00:59

There aint no newbies to this fight here. We have all been fighting this on different battle fields forour whole lives.

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Re: 21 year old male - newbie

Posted by jewinpain - 05 Nov 2010 01:07

Hello Reb James, we r so glad that u found a safe ground to hold on, once u r here we won't let lose of u until u r a recovered addict (that's never ending:) don't worry u will love us so much that u won't leave us. I'm sure)

Tachlis, sounds like u r starting out good, just remember we depend on a greater power in this struggle & in this case its hashem whom we depend on, live with him & he will help u go strong, remember to follow the 1 and only rule of this site and that's called "1 day at a time" keep on trucking

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