

Chazak U'Baruch

Posted by gevurah - 24 Nov 2010 10:13

I am introducing myself as a way of forcing myself to face my own problem honestly-

I am well passed adolescence(>50) yet feel I never really grew up in the area of porn

I have had to face reality when I was asked to leave my job for viewing Porn

Through counseling, a supportive wife, and much tefila and limud I have come a long

way- from regularly looking (& worse things!) to an occasional urge- but I know I am at risk- for the rest of my life

And in thought sexual fantasies still creep into my mind (if not invited in) when I am

We all need to realize that with the technologic advances and and tolerance that has made our lives easier we must pay the price of continuous "brainwashing"

May hashem give us all the wisdom and strength to be drawn to Emmeth and away

from Sheker

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Re: Chazak U'Baruch

Posted by installed - 24 Nov 2010 10:42

I'm really sorry that you had to hit rock bottom in such a humiliating way but hey, at least it brought you to where you are today! You must have a great wife! Many wives are not very supportive when it comes to these things... she must be a very special lady and you must be a special guy (that she feels is worth working with).

bored and weak >

Glad to hear that you are working on this, it's never too late!

Welcome to the GYE community!

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Re: Chazak U'Baruch

Posted by ZemirosShabbos - 24 Nov 2010 15:16

Dear Gevurah,

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: Chazak U'Baruch

Posted by 1daat - 26 Nov 2010 06:41

Hi Gevurah, and welcome. I also fall in the >50 category (lol). pm if I can help. Hatzlocho!

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Re: Chazak U'Baruch

Posted by gevurah - 26 Nov 2010 12:05

thank you all for your efforts- yasher kochchem

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Re: Chazak U'Baruch

Posted by Yesod Tzadik - 26 Nov 2010 14:08

Welcome Gevurah. I don't fall in to the >50 category yet (i could be your son)

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Re: Chazak U'Baruch

Posted by Shmu - 29 Nov 2010 22:56

I would also like to welcome you, Gevurah.

I am close to your age, and I understand the struggles you face. Stay hooked in to this site, this community. I find that I come closer to Emmes, everytime I use the guardyoureyes site. but still mikol melamday hiskalty u mitalmiday yoser mikulom
Subscribe to the daily chizuk email. It is a shot of emmes in the arm everyday.

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Re: Chazak U'Baruch

Posted by Shteeble - 01 Dec 2010 04:29

Welcome to gye.

Let us know any questions you may have.

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Posted by silentbattle - 01 Dec 2010 06:15

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Posted by geurah - 02 Dec 2010 09:25

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Posted by installed - 02 Dec 2010 10:00

Happy Chanukah!

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Re: Chazak U'Baruch

Posted by ZemirosShabbos - 02 Dec 2010 17:41

thanks gevurah, i like your attitude!

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Re: Chazak U'Baruch

Posted by Shteeble - 05 Dec 2010 03:32

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Re: Chazak U'Baruch

Posted by Yesod Tzadik - 05 Dec 2010 13:52

[gevurah wrote on 02 Dec 2010 09:25:](#)

and of course- to be b'simca!!

keep on trucking.
can only agree. **TOMID BESIMCHA** :D

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Re: Chazak U'Baruch

Posted by Eye.nonymous - 05 Dec 2010 14:34

Welcome to the forum!

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