

It's about time!

Posted by Min Hametzar - 12 Dec 2010 04:10

Hi all.

This is a really big step for me.

I am a frum working guy.

I wrote and erased all my feelings and experiences. It was good to get it out, but I am afraid of my wife stumbling upon this and figuring out it is me.

Bottom line is I've been addicted to porn on and off for the greater part of 25 years. I've had some good spots of freedom, but I need help. I've made peace with living with the struggle, but now I want to take a bigger step and learn total control.

I am ready to begin a porn free life.

How can I control the content on my wife's home computer, my work computer and my blackberry?

I am very thankful to the founder of GYE and all members. May we all have success.

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Re: It's about time!

Posted by silentbattle - 12 Dec 2010 06:05

Amen, and welcome, and....here's your welcome package!

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 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

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

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: It's about time!

Posted by silentbattle - 12 Dec 2010 06:07

I'd recommend finding a way to post about your struggles in a way that you can feel you're opening up, and but people wouldn't identify you.

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Re: It's about time!

Posted by jewinpain - 12 Dec 2010 15:15

good morning my holy jewish brother, 1 minor correction in ur words, which is a big deal in recovery, u do NOT want to be in control of ur life, as u have been for the last 25 years & it didnt show good results, therefor u would want hashem to be in control, thats step # 1,than u can grow in recovery,

get a k9 filter on both of ur computers, give the password away for a friend who wont give it to u when u have a lust urge, or best might be the filter gabai,

for ur BB, if u r in the US than contact the J net, they r the best for BB

stay with us , post , share, care & things will improve soon, u will notice a change in urself as soon as u open up & start unloading ur baggage

stay with us

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Re: It's about time!

Posted by ur-a-jew - 14 Dec 2010 02:49

MH welcome you've come to the right place and you've gotten some great advice already.

1. From SB - Find a place where you can open up. My suggestion is the balei battims forum. This is not accessible unless your signed in. You can also sign up for a partner and join one of the many calls that started today.

2. From JIP - Its not about being in control its about giving up control.

Here is some more advice.

1. Get webchaver on your laptops. Even if you also get a filter. It sometimes pays to wear a belt and suspenders.

2. Consider getting rid of internet access on your BB if you've had problems with it in the past.

Hatzlacha, from another guy whose been addicted on and off for 25 years.

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