

Hello.

Posted by Aharown - 11 Jan 2011 07:28

I am just introducing myself. Hello.

=====

=====

Re: Hello.

Posted by ben durdayah - 11 Jan 2011 12:05

Hi Aharown!

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 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!

In the name of all the chevrah here,

Elazar ben Durdayah

=====

Re: Hello.

Posted by ZemirosShabbos - 11 Jan 2011 17:58

hi Aharown!

welcome to GYE

stay a while, you will probably like it here and it can help you tremendously.

zemms

=====

Re: Hello.

Posted by ur-a-jew - 11 Jan 2011 18:52

Hello Aharown and welcome. You've come to a wonderful place, although to really benefit from the forum you may want to give a little more details about what you've stopped here for.
Hatzlacha

=====

Re: Hello.

Posted by Maccabee - 11 Jan 2011 19:49

Hello Aharown,

welcome to town, we're happy to have you along.

-Mac

=====

Re: Hello.

Posted by Aharown - 13 Jan 2011 07:31

A sheynem dank!

I am here because I cant stop looking at pornography.

I have tried many times and have failed.

I am ashamed.

=====
=====

Re: Hello.

Posted by ben durdayah - 13 Jan 2011 08:58

That means that you've come to the right place!

Here you don't have to feel uncomfortable about your past, we've all been there and done that; some more, some less. But what we all have in common is that our eyes are toward a better present and a better future!

Many have tried many times and failed, and after coming here have succeeded!

We here to get chizuk and we get even more chizuk by being mechazek others.

We are no longer alone in our struggle, and now -you aren't alone any more either. We're all here for you.

KOT!!!

E. Ben Durdayah

=====

=====

Re: Hello.

Posted by ss7107 - 13 Jan 2011 16:58

Thank you for your honesty. It helps me to stay clean and sober to see the pain of the newcomer.

I too could not stop. For 18 years I viewed pornography and eventually it led to many many many more acting out behaviors that took me to the depth of destruction. It is through finding people like me and you, sharing with them honestly and working the 12 step recovery program of SA that I have been able to get the gift of sobriety for 3/4 of a year. It works if you work it, so work it, you're worth it.

=====

=====

Re: Hello.

Posted by bardichev - 13 Jan 2011 17:19

Its never too late

Ich hub shoin vays in mayn boord

Keep on trucking

B

=====

=====

Re: Hello.

Posted by jewinpain - 14 Jan 2011 20:18

Hey brother, u r in the best place u can be for this problem and iy"h with some hard work & being honest with urself & of course tfila to hashem u will overcome this, being ashamed is not for u now, now focus on moving out of the ditch, keep ur wheels straight, don't look in ur back mirror, or how the snow behind u is messed up, u will take care of that later when u will chains on ur wheels

Got that?

Kot my holy Jewish brother, hashem loves u, just for coming here and he'll love u even more for working this out

Gut shabbos

=====

=====

Re: Hello.

Posted by bardichev - 16 Jan 2011 03:25

Keep on posting

U already broke the ice

=====

=====