

## **GYE - Guard Your Eyes**

Generated: 13 September, 2025, 09:52

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Safe spot for the non SA folk over here

Posted by bb0212 - 07 Feb 2018 18:50

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Just realized this:

This board is for non-addiction related threads

That means that us non addicts can be free here! The addicts can't tell us we're addicted - at least not on this board.

This is so exciting!

**Warning: Spoiler!**

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Re: Safe spot for the non SA folk over here  
Posted by Markz - 07 Feb 2018 19:18

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I don't believe I belong here, but for you guys that are still sane odaat - here's your 12 STEPS

1. We admitted we were powerless over nothing- that we could manage our lives perfectly and those of anyone else who would allow us.
2. Came to believe there was no power greater than ourselves and the rest of the world was insane.
3. Made a decision to have our loved ones and friends turn their wills and lives over to our care even though they couldn't understand us at all.
4. Made a searching and fearless moral and immoral inventory of everyone we knew.
5. Admitted to the whole world at large the exact nature of everyone else's wrongs.
6. Were entirely ready to make others straighten up and do right.
7. Demanded others to either "shape up or ship out."
8. Made a list of all persons who had harmed us and became willing to go to any lengths to get even with them all.

9. Got direct revenge wherever possible. Except when to do so would cost us our own lives or at least a stiff jail sentence.

10. Continued to take the inventory of others and when they were wrong promptly and repeatedly told them about it.

11. Sought through bitching, complaining, and nagging to improve our relations with others as we couldn't understand them at all, asking only that they knuckle under and do things our way.

12. Having had a complete physical, emotional and spiritual breakdown as a result of these steps, we tried to blame others and to get sympathy and pity in all our affairs.

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Re: Safe spot for the non SA folk over here  
Posted by ieeyc - 07 Feb 2018 19:41

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bb0212 wrote:

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Re: Safe spot for the non SA folk over here  
Posted by serenity - 07 Feb 2018 22:02

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I totally agree

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Re: Safe spot for the non SA folk over here  
Posted by tzomah - 07 Feb 2018 22:27

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looks like the non-addicts might just be addicted to  
**Warning: Spoiler!**

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Re: Safe spot for the non SA folk over here  
Posted by ieeyc - 08 Feb 2018 00:01

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cant be! look - Safe spot for the non SA(non spoiler addict) folk over here

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Re: Safe spot for the non SA folk over here  
Posted by bb0212 - 08 Feb 2018 07:10

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Hi everybody, my name is bb0212 and I'm not addicted to GYE.

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Re: Safe spot for the non SA folk over here  
Posted by tzomah - 08 Feb 2018 12:18

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welcome bb0212 many of us realized we weren't addicted to gye although we had very strong urges but odaat we did all kinds of things like watching porn and other things to distract us from guarding your eyes

but many of us got addicted to gye odaat and really started recovery

look around get to know the chevrah discovery should be with hatzlocho

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Re: Safe spot for the non SA folk over here  
Posted by iampowerless - 08 Feb 2018 16:15

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WOW THIS THREAD SOUNDS LIKE FUN IS COULD I JOIN????

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Re: Safe spot for the non SA folk over here  
Posted by ayidel - 08 Feb 2018 17:15

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[bb0212 wrote on 08 Feb 2018 07:10:](#)

Hi everybody, my name is bb0212 and I'm not addicted to GYE.

if you will try it enough you will be

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Re: Safe spot for the non SA folk over here

Posted by bb0212 - 09 Feb 2018 05:27

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Ok great, now I looked at all the spoilers. But I wanted to. I can stop whenever I want, as a matter of fact,

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**Warning: Spoiler!**

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Re: Safe spot for the non SA folk over here  
Posted by ieeyc - 09 Feb 2018 06:40

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i didnt open up any of them to prove to myself whos in control.....i think ill treat myself as a reward to see whats in only one of them

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Re: Safe spot for the non SA folk over here  
Posted by ieeyc - 09 Feb 2018 06:44

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hey at least i controlled myself from opening the fifth one!

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Re: Safe spot for the non SA folk over here  
Posted by ayidel - 09 Feb 2018 09:05

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[bb0212 wrote on 07 Feb 2018 18:50:](#)

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can it be we are addicted to saying we are not addicted

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Re: Safe spot for the non SA folk over here

Posted by Singularity - 09 Feb 2018 11:42

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The path you seek is one of three

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