

TovGood

Posted by tovgood - 25 Aug 2009 19:55

Hi All

I am married 38 with 5 kids struggeling ,i just joined the 90 day

keep me posted

thanks

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Re: TovGood

Posted by ninetydays - 25 Aug 2009 20:14

Welcome TovGood.

Amazing step you took by coming here.

Keep us posted every day and know that before you slip you are going to have to face US!!!

It is not fun to have to right that you slipped..

You can ask anyone here..

It really stinks.

So do you best to stay clean and Hatzlacha Rabba

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Re: TovGood

Posted by the.guard - 25 Aug 2009 20:44

Dear TovGood,

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](#)...

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

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.

Make sure to read them, they contain a wealth of information on beating this addiction! And I'd love to hear your feedback on them...

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: TovGood
Posted by Eye.nonymous - 25 Aug 2009 20:47

Welcome to the forum, and TovGood luck to you!

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Re: TovGood
Posted by bardichev - 25 Aug 2009 20:48

HEILIGE TovGood

A HEARTZIGEH SHALOM ALEICHEM

WELCOME ABOARD

YOU TOOK THE BIGGEST STEP POSSIBLE

THE WICKED MENUVAL JUST LOST ANOTHER CLIENT

I AM bardichev I TRY TO GIVE CHIZZUK AND SIMCHA TO ALL FELLOW YIDDEN

I AM ABOUT YOUR AGE AND HAVE ABOUT THE SAME FAMILY SIZE BARUCH HASHEM

TZADDIK RESOLVE TO STAY ON THE FORUM FOR THE FULL 90 DAYS

YOU NEED IT OR ELSE YOU WILL YO-YO

WE ALL DID

90 DAYS SOUNDS BIG

IT IS

BUT WE WILL HELP YOU

HABAAH LITAHAR MISAYYIN OSO

bardichev

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Re: TovGood

Posted by Eden - 25 Aug 2009 20:59

Welcome TovGood!

From a fellow newbie, tell us about your situation; the anatomy of your struggle.

That way we can help you better.

Wishing you success!

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Re: TovGood

Posted by Tev - 26 Aug 2009 01:26

Hey there tzadik,

Welcome to the olam Haba club,(in this world and the next)

Much Hatzlocha

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Re: TovGood

Posted by cleareyes613@gmail.com - 26 Aug 2009 03:12

Welcome TovGood!! And please keep us posted!!

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Re: TovGood

Posted by Sturggle - 26 Aug 2009 06:02

TovGood, welcome aboard!

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Re: TovGood

Posted by tovgood - 26 Aug 2009 20:49

[ninetysdays wrote on 25 Aug 2009 20:14:](#)

Welcome TovGood.

Amazing step you took by coming here.

Keep us posted every day and know that before you slip you are going to have to face US!!!

It is not fun to have to right that you slipped..

You can ask anyone here..

It really stinks.

So do you best to stay clean and Hatzlacha Rabba

i slipped this morning for 3 seconds but went out asap ,only bcse i joined you guys as well i took care of the filter issue ,so i wont slip anymore

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Re: TovGood

Posted by Tomim2B - 26 Aug 2009 21:29

Hello Tovgood and welcome to the forum!

Your honesty in informing us of your slip in admirable. I'm so proud that you were able to grab back the reigns on that one; a real victory!

You can't always guarantee that slips won't happen in the future. Sometimes we have little control. What's most important though, is how we deal with them. With a positive attitude that empowers determination, always remember to keep looking up.

Much success!

2B

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Re: TovGood

Posted by tovgood - 27 Aug 2009 15:43

[bardichev wrote on 25 Aug 2009 20:48:](#)

HEILIGE TovGood

A HEARTZIGEH SHALOM ALEICHEM

WELCOME ABOARD

YOU TOOK THE BIGGEST STEP POSSIBLE

THE WICKED MENUVAL JUST LOST ANOTHER CLIENT

I AM bardichev I TRY TO GIVE CHIZZUK AND SIMCHA TO ALL FELLOW YIDDEN

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YOU NEED IT OR ELSE YOU WILL YO-YO

WE ALL DID

90 DAYS SOUNDS BIG

IT IS

BUT WE WILL HELP YOU

HABAAH LITAHAR MISAYYIN OSO

thank you for your chizuk i will keep you posted,yes i did slip for a second but got out asap i hope and pray that this will help me

kol tuv

bardichev

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Re: TovGood

Posted by bardichev - 27 Aug 2009 15:51

TOV GOOD

KEEP ON FIGHTING

I DONT CARE IF YOU SLIP OR FALL WHATEVER

STAY IN THE GAME

STAY ON THE FORUM

b

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Re: TovGood

Posted by Noorah BAmram - 30 Aug 2009 12:42

Shalom Aliechem Sweet Yid Tov,

I, noorah stick out my heart an hand in warmest greetings and welcome you to this holy forum.

I found that Posting my struggle kept me sober thru 90 days and beyond.....

Warmest wishes and fervent prayers for your success

Bahava Raba

Noora from the house of Amram

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Re: TovGood

Posted by yesodos12 - 30 Aug 2009 20:01

Welcome tovgood, and best wishes.

Once you join there is no turning back!

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