

Just started

Posted by kedusha18 - 21 Sep 2015 13:49

This is my first time trying guardyoureyes.com and I hope it's as good and as useful as what I've heard because I just want to be done with this problem and move on with my life. I hope that knowing that there are others like me out there help me and others on our journey.

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Re: Just started

Posted by cordnoy - 21 Sep 2015 14:16

Welcome,

It will be as useful as you make it to be.

b'hatzlachah

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Re: Just started

Posted by waydown - 21 Sep 2015 15:04

Welcome,

"I just want to be done with this problem and move on with my life."

I think generally you are never "done with this problem". Its here to stay. You can only learn how to live with it or better yet live without it but beware its never done with.

On the brighter side of things, Joining GYE and taking life serious is a very good start. Just keep

up at it.

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Re: Just started

Posted by Shlomo24 - 21 Sep 2015 16:59

WELCOME! WELCOME!

[waydown wrote:](#)

Welcome,

"I just want to be done with this problem and move on with my life."

I think generally you are never "done with this problem". Its here to stay. You can only learn how to live with it or better yet live without it but beware its never done with.

not if you aren't an addict. let's not jump to conclusions.

there are a lot of tools here that can help. but it is dependant on ur willingness to use them.

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Re: Just started

Posted by waydown - 21 Sep 2015 17:10

Shlomo if you are not addict its still all around us and will always be dangling in our face. The

only real difference between an addict and non addict is how we approach it but it's here to stay.

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Re: Just started

Posted by abd297 - 21 Sep 2015 18:03

If you properly isolate yourself and you are not an addict I don't think you'll seek out lust. If you are an addict you may lust even if you don't have it in your face. You may seek it out more. It will be with you as opposed to around you. You will need to take care of the root issues.

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Re: Just started

Posted by Shlomo24 - 21 Sep 2015 20:03

my point was that for a non addict, years down the line he can say "glad I got over that problem", there isn't special work needed, he doesn't need meetings or GYE or wtvr. if he worked it out he's good. my rebbi personally told a story about himself that he went through a rough period w/ masturbation and fantasy, but he did what he had to do and he got over it. an addict doesn't have that luxury. classic story in one of the books (don't know which one) is about a guy who was sober for 20+ years and then he relaxed and subsequently relapsed. an addict is an addict for life.

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Re: Just started

Posted by waydown - 21 Sep 2015 20:53

Hmm I am an addict so who am I to talk. But I would still tend to think that it varies from an alcoholic. Generally, a man is not wired to think and desire drinks. OK on Purim or by a good Kiddush maybe he'll get high. But I think every man is wired toward lust. Just some are addicted and some are not. But the yetzer hara is always there. That's especially true to someone who once experienced it even if he wasn't addicted

On the other hand I get Sholom's point it doesn't reach the level of an addict

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Re: Just started

Posted by abd297 - 25 Sep 2015 04:17

I agree that it will never really go away for an addict. I honestly haven't done enough research about the similarities to alcoholism. I would venture to say that it's not so different. I just wanted to add that an addict really needs to work on full isolation as well as working on the root issues.

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