

Still Raging Against The Machine

Posted by Cry2Tatty - 30 Nov 2009 01:17

so thats pretty much the deal...i showed up here one day by accident and saw something weird...here were all these jews that where putting up a genuine resistance to the evil empire that is lust...in all my wanderings ive seen some crazy crap but something like this? not at all...i saw two dozen frum blogs but alas, they too were contaminated by the lust assault..poor figures...nothing more than drones following the creed that larry flynt recieved himself on Mount Sinai...disguised as frum sites but nothing of the sort, really....did i find any voices that said, "look, this sh** aint right..."...probably but a quick peruse through and i discovered that they were either out of touch with reality or just plain silly...and then i bumped into this site...and here was real and GENUINE and honest solutions....so i came...i looked around...marveled at all the flakes that took up residency here....

well, im now on at least 20 days of no pr0n and no bating...which is a miracle...its been years and years before i came here that i wasnt able to pull 5 days together and many many months where i stopped even trying....i dont know what happened but the group support and the genuineness of the good folks here and hearing their experiences and lo and behold i am a changed man...

the changes were not only in me but perhaps even greater in the people around me...no longer driven by lust i saw people (WIFE) in a new light and the changes in the way we relate to each other was quick and vast....this is perhaps what i owe GYE the most for....

i dont take myself too seriously and i hope you dont either....

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Re: Still Raging Against The Machine

Posted by habib613 - 30 Nov 2009 01:45

Rage, that was one of the most beautiful posts i've ever seen.

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Re: Still Raging Against The Machine
Posted by habib613 - 30 Nov 2009 02:16

i like your siggys too

beautiful scenery?

Everything's beautiful on GYE!

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Re: Still Raging Against The Machine
Posted by NotAlone - 30 Nov 2009 03:07

A belated welcome back Rage!

Btw, I want to thank you again for your post on my thread before you fell off the radar for a bit, it really inspired me then, and still inspires me now.

And thank you to Guard for somehow restoring Rage's old posts!

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Re: Still Raging Against The Machine
Posted by Noorah BAMram - 30 Nov 2009 04:54

Holy Brother Rage,

What a beautiful post!!

Chazak Chazak Achi!!

Noorah

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Re: Still Raging Against The Machine
Posted by bardichev - 30 Nov 2009 15:30

CAN I CALL YOU "TATELEH"YET ??

WOW!!!

BARDS

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Re: Still Raging Against The Machine
Posted by kanesher - 30 Nov 2009 15:35

Rage, you're something else. I really mean that. You're an inspiration. ANd you know what the real garbage is, that if I would have met you on the street I would have judged you up and down without even thinking about it. Heck, maybe I already have. I've got a lot to learn.

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Re: Still Raging Against The Machine
Posted by jerusalemsexaddict - 30 Nov 2009 15:46

Dear Rage ATM,

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.

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

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: Still Raging Against The Machine
Posted by Me3 - 30 Nov 2009 15:51

[kanesher wrote on 30 Nov 2009 15:35:](#)

Rage, you're something else. I really mean that. You're an inspiration. AND you know what the real garbage is, that if I would have met you on the street I would have judged you up and down without even thinking about it. Heck, maybe I already have. I've got a lot to learn.

This is what passes for compliments nowadays?

When I think of garbage I also think of.....

Well in all honesty Rage I think you're better then garbage!

(There I said it, feeling uncomfortable not used to giving compliments like that) :-[

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Re: Still Raging Against The Machine
Posted by habib613 - 30 Nov 2009 16:43

thank you. :-\

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Re: Still Raging Against The Machine
Posted by habib613 - 30 Nov 2009 16:56

your body must be getting good at fasting

I didn't ask for it, but you have no idea how much it means to me...

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Re: Still Raging Against The Machine
Posted by Me3 - 30 Nov 2009 17:29

They say fasting is good for the body

acts as a cleanser

helps to get rid of all the.....garbage

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Re: Still Raging Against The Machine
Posted by 7yipol - 30 Nov 2009 21:41

Not quite sure what to say...

...overcome by emotion...

...twasnt the same without you...

Baruch Tatty!

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Re: Still Raging Against The Machine
Posted by Kedusha - 30 Nov 2009 23:05

[Me3 wrote on 30 Nov 2009 17:29:](#)

They say fasting is good for the body

acts as a cleanser

helps to get rid of all the.....garbage

Maybe so, if you drink water!

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Re: Still Raging Against The Machine
Posted by habib613 - 30 Nov 2009 23:59

so how was the snickers and coffee?

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