

**GYE - Guard Your Eyes**

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The journey begins here

Posted by poshut yid - 23 Mar 2009 03:33

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Today is the end of day 3 so officially I can get on the Wall. My intention is to post a daily report so that I have to take responsibility and be accountable. I can think of no one better to be accountable to then you my friends.

Please bear with me and help me on this incredibly difficult journey.

P.Y.

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Re: The journey begins here

Posted by poshut yid - 02 Apr 2009 15:24

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B"H I am still on the wagon. I am beign very good on the computer. The filter really keeps me on the right track. I have to just make sure to try to keep busy and try to improve my davening.

P.Y.

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Re: The journey begins here

Posted by poshut yid - 03 Apr 2009 22:36

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I wanted to update that B"H today completes day 15. I look forward to continuing this journey!

Good Shabbos

P.Y.

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Re: The journey begins here

Posted by the.guard - 04 Apr 2009 20:58

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Chart updated. Mazal Tov on reaching Level 3... till 120!

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Re: The journey begins here  
Posted by poshut yid - 07 Apr 2009 13:45

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Today is day 19. These last couple days are challenging as I am away from my family but so far I have managed to keep busy and out of trouble. I must admit I did watch a tv show last night which was rather benign but nonetheless I know deep down I should eventually try to give that up too. I don't know if I can give up everything at once.

P.Y.

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Re: The journey begins here  
Posted by the.guard - 13 Apr 2009 22:54

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Anyone serious about breaking free of this addiction must refrain from watching TV, Movies and reading non-Jewish magazines, all of which are full of promiscuity. Even the most innocent-sounding children's movies today are filled with imagery which can be very triggering for any addict, and should be avoided.

Let this be your sacrifice for Hashem's glory. It will be more precious in Hashem's eyes than a Korbon the Mizbeach of the beis Hamikdash!

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Re: The journey begins here  
Posted by poshut yid - 22 Apr 2009 17:25

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You may know by now but I had a nefila on Monday which was my 31st day. I am still trying to deal with it and trying not to get depressed although it is heart rending.

I have brushed myself off and today will be my second clean day although I have been battling the yetzer all day. B"H I have the filter on because without it I would be lost. I am not computer savvy so I cannot get around it. It is definitely a life saver!

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Re: The journey begins here  
Posted by the.guard - 23 Apr 2009 21:48

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Poshut, did you see today's Chizuk e-mail #460 (what it says at the end)? That's the yesod to keep in mind, even after a fall. You are a Gibor Atzum for getting up again. That's the name of the game...

BTW. Have you considered 12-Step SA groups?

I am preparing a booklet of steps and Yesodos on this struggle that will be a big help to us all I hope. It should be ready soon... That's one of the reasons I am posting less on the forum lately...Sorry.

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Re: The journey begins here  
Posted by the.guard - 25 Apr 2009 22:40

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Poshut, let me know when you have three clean days and we'll get you back on the chart!

There's no such thing as giving up. Back up again and again, even if it takes 101 times!

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Re: The journey begins here  
Posted by battleworn - 30 Apr 2009 14:59

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[Not] Poshtut, how are you doing?

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