

Kedusha's Progress

Posted by Kedusha - 25 May 2009 20:03

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Dear Guard: I have indeed been sending my progress e-mails to [wallohonor@gmail.com](mailto:wallohonor@gmail.com). Somehow, they are not getting through. So, instead, I will keep you posted from here.

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Re: Kedusha's Progress

Posted by the.guard - 25 May 2009 20:24

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That's fine.

If you want to get up on the chart, send me your info as detailed on [this page](#). You can either post it here, or you can send it to [eyes.guard@gmail.com](mailto:eyes.guard@gmail.com)

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Re: Kedusha's Progress

Posted by the.guard - 26 May 2009 22:29

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Ok Kedusha, Congratulations on beginning your journey to sobriety, freedom and closeness to Hashem. I have added you to the "[90 Day Journey](#)" chart. May the date "24 Iyyar" be a date you will remember your whole life as the day you began to seriously work to break this insidious addiction - once and for all!

Scientific studies have shown that it takes 90 days to change a neural thought pattern that was ingrained in the brain through addictive behaviors. (See Chizuk e-mail #320 for a Jewish source to this 90 day idea as well). That's why after 90 days, you go onto the "[Wall of Honor](#)" Chart.

However, for this to really work, we implore you to install a strong filter on your computer and also to post on the forum about your feelings / struggles and progress. You will get a lot of Chizuk and group support, and the fact that you are now on the chart will give you an extra push. You will make many friends on the forum and they will check back to the chart to see your progress and encourage you. See also the Homepage of [www.guardureyes.com](http://www.guardureyes.com) for an entire

list of the tools and features on our site. Make sure to use out the tools and features on our site to their fullest potential, they are all there for YOU. I especially encourage the weekly phone conference -[see here](#).

Please read the [Rules Page](#) carefully and update us according to your status.

Take heart that we are doing this all together. You are no longer alone. We all feel your struggle and will help you pull through IY"H.

Take it one day at a time. Say to yourself "Just for today, I will stay clean". Tomorrow is anyway not in your hands, why worry about it?

Remember, the Yetzer Hara wants your soul, not the pleasure. Otherwise, why is a thousand times never enough for him. Remember this saying. "Just once is always too much. A thousand times is never enough".

Let Hashem fight this battle for you. Give over the addiction to him every day. Tell him you can't do it alone. Hashem has been waiting all this time, NOW IS THE TIME.

Also, the more distance you put between you and the addiction, the easier it gets. See [here](#) for more on this.

May Hashem be with you!

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Re: Kedusha's Progress

Posted by Kedusha - 27 May 2009 14:24

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Boruch Hashem, I am up to 9 days. I took another refreshing dip in the Mikvah this morning.

An interesting development: My Internet filter was blocking this site (all of [www.guardyoureyes.org](http://www.guardyoureyes.org), and parts of [www.guardureyes.com](http://www.guardureyes.com)) although I had my wife enter the password and I enabled it. Still, I reported the problem to the filter company. Here's what I wrote: "This site is for people, Jewish men especially, who are trying to avoid pornography, and need religious and spiritual inspiration to

assist them. It should not be blocked." Yesterday, they responded by e-mail that it was properly rated (newsgroups/forums and religion) and that I should get my administrator to unblock it (which, again, I did). Who did they send the e-mail to? My wife, whose e-mail address they have. My wife forwarded me the message, and didn't say anything about it.

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Re: Kedusha's Progress  
Posted by Kedusha - 28 May 2009 14:06

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Boruch Hashem, I am up to 10 days.

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Re: Kedusha's Progress  
Posted by Kedusha - 31 May 2009 03:47

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Boruch Hashem, I am up to 12 days.

A Guten Isru Chag to all (a day late for Bnei Eretz Yisrael).

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Re: Kedusha's Progress  
Posted by the.guard - 31 May 2009 13:24

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Chart Updated!

2 more days to level 3!

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Re: Kedusha's Progress  
Posted by Kedusha - 31 May 2009 14:30

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Thank you very much, R. Guard!

In fact, Boruch Hashem, I am up to 13 days now (as of last night when I posted, it was still 12). However, I know it's not practical for you to update the chart on a daily basis.

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Re: Kedusha's Progress  
Posted by Kedusha - 01 Jun 2009 14:22

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Boruch Hashem, I am up to 14 days and level 3.

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Re: Kedusha's Progress  
Posted by the.guard - 01 Jun 2009 22:46

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**Mazal Tov on reaching level 3.**

I will update the chart on Motzai Shabbos iy"h...

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Re: Kedusha's Progress  
Posted by Kedusha - 01 Jun 2009 23:59

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Thank you, R. Guard.

The key is to make progress, one day at a time, and to build on it, with Hashem's help.

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Re: Kedusha's Progress  
Posted by Kedusha - 02 Jun 2009 14:22

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Boruch Hashem, I am up to 15 days.

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Re: Kedusha's Progress  
Posted by Kedusha - 03 Jun 2009 14:18

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Re: Kedusha's Progress  
Posted by Kedusha - 04 Jun 2009 13:59

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Boruch Hashem, I am up to 17 days.

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Re: Kedusha's Progress  
Posted by bardichev - 04 Jun 2009 14:32

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mazel tov that is fantastic

keep it up

you will see TOV

you should be blessed with TOV

don't let down your guard

be cool and happy have a silent gaavah inside yourself the you are FAYFING UUN DEE VELT!!  
( ignoring the world)

h&h

bardichev

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