## **GYE - Guard Your Eyes**

Generated: 2 July, 2025,	15:42
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Kedusha's Progress Posted by Kedusha - 25 May 2009 20:03
Dear Guard: I have indeed been sending my progress e-mails to <a href="mailto:wallohonor@gmail.com">wallohonor@gmail.com</a> . Somehow, they are not getting through. So, instead, I will keep you posted from here.
Re: Kedusha's Progress Posted by Kedusha - 08 May 2015 15:11
Γhank you, Serenity.
May we all be Matzliach, one day at a time.
Have a good Shabbos!
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Re: Kedusha's Progress Posted by jack - 11 May 2015 15:33
now derelict of me for answering so late - you are really a role model for us all
ack
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Re: Kedusha's Progress Posted by Kedusha - 15 May 2015 14:17

Posted by Kedusha - 22 May 2015 14:47

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Yes, absolutely. B'ezras Hashem, it's like the difference between night and day.

**GYE - Guard Your Eyes** Generated: 2 July, 2025, 15:42 Re: Kedusha's Progress Posted by yiraishamaim - 22 May 2015 19:26 So happy for you!!! May your Hatzlocho only continue to grow and for all of us here on the forum. **Gut Yom Tov!** ==== Re: Kedusha's Progress Posted by hman - 22 Jul 2015 23:13 Mazel tov. Hope in 6 years to post the same message. Re: Kedusha's Progress Posted by Kedusha - 23 Jul 2015 03:00 Thank you, Hman! I hope we'll hear good news from you, and much sooner than 6 years from Re: Kedusha's Progress Posted by lomed - 10 Aug 2015 22:17

Hi Kedusha,

Never realized that you exist till now. Relative to you I am a new comer here. If i may ask you

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post in short your Journey, and if you still struggle today? What got you to sobriety and what is keeping you sober?
I am sure that you have many tips to offer. It is hard to go through your 30 page thread.
thank you
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Re: Kedusha's Progress Posted by cordnoy - 10 Aug 2015 22:51
lomed wrote:
Hi Kedusha,
Never realized that you exist till now. Relative to you I am a new comer here. If i may ask you post in short your Journey, and if you still struggle today? What got you to sobriety and what is keeping you sober?
I am sure that you have many tips to offer. It is hard to go through your 30 page thread.
thank you
Start at page 1.
One page at a time.
There are many long threads here with many insightful comments, suggestions and posts.
This one is one of the best.

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Re: Kedusha's Progress Posted by Kedusha - 11 Aug 2015 03:36 Hi Lomed, The bottom line is that I decided that, be"H, I would do whatever it takes to stay clean, one day at a time. Whether it's reading through the GYE Handbook, implementing the three-second-rule, participating in one of the phone conferences, posting on the forum, having an occasional live meeting with other GYE members, or using only properly filtered internet, I've done whatever it takes to stay clean, one day at a time, and I'm prepared, be"H, to continue to do whatever it takes. Hope this helps. Hatzlacha to you! \_\_\_\_\_\_ ==== Take your time to go through this thread and other threads - no rush! Re: Kedusha's Progress Posted by yiraishamaim - 11 Aug 2015 04:41 Got it - old school. No illustrious chidushuim. Follow the old tried and true but me steadfast in the commitment. Re: Kedusha's Progress Posted by Kedusha - 11 Aug 2015 15:09

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