

Hopeful and optimistic

Posted by gyehopeful - 19 Apr 2010 17:49

I am up to day five. I have spent years suffering and trying to cope on my own. Each time I said this will be different, but in the end, it was always the same. Now, I have taken the step I have been waiting for and I now reach out to all of you for guidance and support and in return I offer you all the same. I am so impressed with the GYE devotion and I hope to be able to give back in many ways.

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Re: Hopeful and optimistic

Posted by bardichev - 19 Apr 2010 18:00

WELCOME ABOARD!!!!!!!!!!!!!!!

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Re: Hopeful and optimistic

Posted by Yosef Hatzadik - 19 Apr 2010 19:24

Great!!!

Over here we ALL give & get! At times we get more by *giving* than by *getting*! ;D

What I mean is that the value in posting advice to others is tremendous! By thinking about other members' difficulties and how they overcome them - with your help, you get a big boost in your personal struggles! :o

I will welcome you to the club with the three words that I like to great newcomers: Post, Post, & Post!!!!

P.S. I like your choice for your Username: **GYEHopeful!!!** :D

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Re: Hopeful and optimistic
Posted by the.guard - 19 Apr 2010 19:37

Dear GYEhopeful,

I am the admin of this forum. Welcome to our community!

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](#)...

Make sure to install a strong filter. It will be almost impossible to break free of this while having all the garbage within a mouse click away. See [this page](#) for one good filter option, along with instructions on how to install it best - and give away the password to our "filter Gabai"... See [this page](#) for another 20 (or so) filter ideas and information...

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 from 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: Hopeful and optimistic

Posted by Sturggle - 19 Apr 2010 21:30

WELCOME!!!

I'll agree with Yosef in that I like your name as well.

I am also looking forward to receiving from you guidance and support
and in return offering you the same. (Did I get it right?)

AGAIN,

WELCOME!!!

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Re: Hopeful and optimistic
Posted by DovInIsrael - 19 Apr 2010 22:17

happy

happy

and welcome aboard.

dov in israel

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Re: Hopeful and optimistic
Posted by gyehopeful - 21 Apr 2010 02:40

I am blown away! I had no idea how devoted you all are. I posted and in days, so many responses. It is so nice to be part of this forum.

I installed a K9 filter/accountability program and I do receive the emails. As far as the name, this was a new start, I saw no need in revisiting my negative feelings and pain each time I signed in

to what will now be part of my growth and hopefully continued sobriety, and yes, sober is truly the word here, I am working to be free from the delirious and dementing effects of porn and masturbation.

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Re: Hopeful and optimistic

Posted by Sturggle - 21 Apr 2010 06:37

Sounds great!

KUTGW!

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