

my battle starts and wages on.....

Posted by needsomehelp - 30 Jun 2009 00:54

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Well I did it...after found this site and read about other people struggling I wiped out all my p\*rn TODAY...and i haven't masturbated today at all it was enough already.....I can't believe how much time it wastes and interferes with someone's life, job and love of his family ...how many thoughts and ideas this junk puts in your mind and makes it seem alright.....well today is the start of the new me... no more watching.....i don't how many of you have blackberry and use blackberry messenger but I had a few females I was talking to I deleted all of them expect for one.....she is a co worker in another building ...I need some strength here... should I just leave her there and not speak to her or should I just delete her and leave in hashems hands .....she sounds very emotional ...but I need to break all ties ...so I can have a clear mind.....so i deleted her...i hope with hashems help and will give me strength to conquer all battles

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Re: my battle starts and wages on.....

Posted by the.guard - 02 Jul 2009 20:29

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You've got a good attitude. And that's what really counts here more than anything.

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Re: my battle starts and wages on.....

Posted by the.guard - 04 Jul 2009 20:57

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Dear needsomehelp,

I don't think I ever formally welcomed you ;D, so here goes:

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!

Make sure to 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!

We have a hotline on [this page](#), where you can call and speak to someone with experience.

And we just started last week a 12-Step phone group that would be a tremendous step in the right direction for you and help you turn your life around. PLEASE JOIN [DUVID CHAIM'S daily group](#). You can see how to join 4 X a week at noon, by scrolling to the bottom of [this page](#). 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. This is VERY important.

Now, 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.

Make sure to read them, they contain a wealth of information on beating this addiction! And I'd love to hear your feedback on them...

*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...*

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Re: my battle starts and wages on.....  
Posted by needsomehelp - 06 Jul 2009 17:50

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well had a slight replase but i am back on track.....

it is funny how hashem test you ever day.....and today was one of those day....havign a strong connecting to hashem lasy week and fighting the YH i guess i let my guard down a little and then YH is back on track.....well i fought him to day with the help of Guard !!! big hug my brother !!! i pushed him back....

i guess hashem has a test each and ever day they more we fight the better we feel closer to hashem that yes we did the right thing !!!We cant be pushed down by the YH .....we need to fight back at the YH and send him away ...we can never let our guard down not ever for a minute as i saw today !!!!

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Re: my battle starts and wages on.....  
Posted by hoping - 06 Jul 2009 18:07

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Hi needsomehelp-

Kol hakavod on getting back on track. Just remember we are here for a long journey that is to take the rest of our lives. If you are sticking with the forum that shows that you already realize this. Please keep posting your aaccomplishments (and setbacks) and we will BL"N read every word!

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Re: my battle starts and wages on.....  
Posted by battleworn - 07 Jul 2009 11:48

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NSH, I could see that you're going to make it. The history of this forum shows that whoever has the right attitude succeeds. Did you see "The Torah Approach"? If not, please check it out:  
[rehab-my-site.com/guardureyes/forum/index.php?topic=602.0](http://rehab-my-site.com/guardureyes/forum/index.php?topic=602.0)

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