

Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP  
Posted by Shteeble - 10 May 2011 17:01

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The purpose of this thread is to ensure that we spend at least a minimum amount of time each day working towards breaking free from lust.

GYE has so much to offer each of us. After being on the site for a while however, the excitement wears off, and we can forget that there is work to be done.

To join in this group, all you need is to agree to try to spend a minimum amount of time each day breaking free. No long term commitments or kabolos of any sort are required. If you think there is a good chance you can do this for three days straight, feel free to sign up! The actual amount of minutes to commit to is up to you!

What exactly QUALIFIES for REAL WORK toward breaking free varies from person to person. You set your own rules. I know, for example, that for myself, simply mindlessly browsing around GYE does not cut it. That ends up being more of a "leisure time" type of activity. An example of REAL WORK for me might be reading the chizuk emails or going through the handbooks in a systematic fashion.

The yetzer horah makes sure that I forget that I need to do REAL WORK in this area.

Please post to sign up, or any questions or comments. Please keep us updated as to how well you are keeping to your commitment of a daily minimum amount of work on breaking free.

Take a look at this! It's from tool #2 in the handbook.

As we discussed, guarding our eyes is the starting point, middle point, and the final frontier of this

struggle. Even when we have already learned to control the more seriously damaging addictive behaviors, we may still find that it takes us yet another few years to learn how to fully surrender our lusting to Hashem and gain complete control over our eyes. So don't get discouraged if you break free of the inappropriate behaviors but still find it difficult to guard your eyes on the street. It

is a process. But if we stay determined to get our lives and priorities back on track, we will see progress in this area, slowly but surely. And we must progress. Staying in the same place keeps us vulnerable to relapse, and if we don't try to move forward a little every day in learning how to guard our eyes, we will remain susceptible to being drawn back into the harmful addictive behaviors as well.

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Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP  
Posted by Shteeble - 18 May 2011 01:50

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Just did my fifteen minutes for today.

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Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP  
Posted by Shteeble - 19 May 2011 03:31

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B"H I did 16 minutes today.

After all these months, I am finally getting to go through the handbook like a mentsh.

8)

Thank you for keeping me accountable!

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Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP  
Posted by Shteeble - 20 May 2011 01:48

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B"H I did 16 minutes today.

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Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP  
Posted by Shteeble - 20 May 2011 21:57

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B"H I did 16 minutes today.

What a difference.

I'm actually putting in some effort.

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Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP  
Posted by Shteeble - 22 May 2011 02:42

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B"H I did 15 minutes today.

At the very least, ask yourself why you are hesitating to join in, and then send me a PM with your answer.

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Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP  
Posted by Shteeble - 23 May 2011 02:22

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B"H I did 15 minutes today.

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Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP  
Posted by Shteeble - 24 May 2011 02:28

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B"H I did 16 minutes today.

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Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP  
Posted by Blind Beggar - 24 May 2011 05:14

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[Blind Beggar wrote on 15 May 2011 05:08:](#)

I'll try 5 minutes a day for a week on the Forum or reading the old emails on the website, some of them are really great.

Still keeping up with the emails and the Forum.

60 days clean by the grace of God, probably for the third time in 30 years.

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Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP  
Posted by Shteeble - 24 May 2011 10:13

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Blind Beggar, that is FANTASTIC!!

Thank you for the inspiration.

Kein Yirbu!

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Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP  
Posted by Shteeble - 25 May 2011 01:47

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B"H I did 16 minutes today.

this is called the broken record player technique.

eventually you will join in. ;D

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Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP  
Posted by Blind Beggar - 25 May 2011 09:51

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Maybe this will help people join in: It is from the GYE Handbook.

To succeed in this struggle, it is important for us to get fresh perspective and Chizuk each day. Chazal say that the Yetzer Hara renews his attack on us every day. He plays real nasty, and will use every trick in the book (and not in the book) to get us to fall. To counter this, we need new Chizuk and tips all the time. There is so much material on our website, but it's often overwhelming and not practically within reach when we need it most. Our network provides a daily Chizuk e-mail with antidotes, tips, articles, and quotes from the holy texts, therapists, and fellow strugglers, to help us break free of this addiction. We have thousands of members signed up already, and for many people it is literally their lifeline.

So sign up today and make sure to read each day's Chizuk e-mail. The Yetzer Hara will do his best to get us to ignore the e-mails after a while, but if we are determined to break free - we must make sure to read and internalize their messages every day. Like drops of water on Rabbi Akiva's rock, a little Chizuk every day can make a very strong impression over time.

Our website has many different categories, such as Tips, Stories, Personal Victories, Quotes, Testimonials, Torah Thoughts and more, which are updated almost every day. There are also RSS feeds where we can get each new post straight to our Readers without even having to visit the website. With all these great tools, we will never stop learning new things and getting stronger all the time!

The GYE Forum is also a great source of daily Chizuk. Hundreds of members post daily about their struggles and successes, and they share Chizuk, inspiration and hope between each other. For many, the forum is literally a lifeline of daily Chizuk; keeping strong as a community.

There are also archives of thousands of articles on our website, from the hundreds of previous Chizuk e-mails sent out. But let's not try to bite too much at once. It is better to read less and *internalize* what we are reading, than to read tons of material and quickly forget it. We need to find a balance that works best for us, where we read a few articles or tips every day; just enough for us to be able to swallow, digest and feel a little stronger **today**.

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Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP  
Posted by Shteeble - 26 May 2011 03:23

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B"H I did 16 minutes today. Blind Begger doin great! keep it up.

The other chevra here who posted above are welcome to keep us updated.

Anyone who is not joining in, I hope it's just because you feel you won't benefit from it. (as hard as it is for me to imagine that to be the case)

I hope you are not refraining because it is beneath your dignity.

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Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP  
Posted by heuni memass - 26 May 2011 19:49

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Shteeble good work. **If we are not going up then we are going down.**

The shmiras anaiyim call at 8:30 every eve is a great especially if you are not by a computer that day. Or any phone conference for that matter. (the shmiras eneiym one is recorded so you can listen to it at any time)

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Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP  
Posted by Shteeble - 27 May 2011 13:04

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B"H I did my 15 minutes yesterday.

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