

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

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 stillgoing - 29 Nov 2016 16:08

[Shteeble wrote on 29 Nov 2016 15:35:](#)

20 minutes a day, next 3 days, bli neder

Ok, you booshed me out. Bl'n 15 minutes a day for the next three days.

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Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP
Posted by Shteeble - 01 Dec 2016 13:10

[Shteeble wrote on 10 May 2011 17:01:](#)

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20 minutes daily, this coming sunday, mon, and tue, bli neder

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Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP
Posted by cordnoy - 01 Dec 2016 13:35

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Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP
Posted by cordnoy - 01 Dec 2016 13:35

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Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP
Posted by cordnoy - 01 Dec 2016 13:40

If this is fine by you, it's fine by me.

Do you wanna say how you've been doing?

What has helped and what hasn't?

B'hatzlachah

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Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP
Posted by Shteeble - 25 Dec 2016 01:42

[cordnoy wrote on 01 Dec 2016 13:35:](#)

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[eslaasos wrote on 21 Sep 2015 15:36:](#)

BTW, it pays to pay attention to Cordnoy - he has a lot to say so he keeps it short, took me a while to realize it.

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Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP
Posted by stillgoing - 08 Jan 2017 20:22

[cordnoy wrote on 01 Dec 2016 13:35:](#)

It's still January. can this qualify for a quote of the year?

I'm not trying to post this quote out of context, I just really can't find any context.

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Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP
Posted by anon - 08 Jan 2017 21:18

15 minutes daily till next week sunday

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Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP
Posted by anon - 08 Jan 2017 22:06

Did 20 mins today B"H

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Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP
Posted by anon - 09 Jan 2017 20:39

Did 15 mins today B"H

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Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP
Posted by Shteeble - 09 Jan 2017 22:18

25 minutes daily bl"n, Sunday through Thursday, through January 20th.

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Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP
Posted by anon - 10 Jan 2017 23:49

Did 20 mins today B"H

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Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP
Posted by anon - 11 Jan 2017 21:02

Did 15 mins today B"H

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Re: Minutes a day to break free - JOIN IN!!! PRETTY PLEASE WITH A WOODFORD ON TOP
Posted by Shteeble - 06 Feb 2017 11:10

25 minutes daily bl"n, through March 15th, excluding the days listed below.

Excluded days: Friday, Shabbos, Motzoei Shabbos, Erev Yom Tov, Yom Tov, Motzoei Yom
Tov, Taanis, Motzoei Taanis

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