

From My heart

Posted by rebdovid - 19 Jul 2011 02:44

---

Dear friends,

I am starting this new thread following my falls and ups. I was clean for just about seven days, and fell again today, I am lost as far when is this hell going to end.

I hate those images though I am in love with them, they destroy my soul, I have nothing more to add, please please I beg of you pray to G-D to help me, I need to get up and move on, help me not get depressed over my clear failure, help me get over my shame and guilt, realize how much good I have done and how much more i can do.

So help me G-D.

=====

Re: From My heart

Posted by ninetydays - 19 Jul 2011 08:08

---

The 17th of Tamuz is a good time to start. So how many hours are we on that are clean? Focus on the positive.

=====

Re: From My heart

Posted by Eye.nonymous - 19 Jul 2011 13:13

---

Hello RebDovid,

**Welcome to our community, you have finally come home!**

Once you've arrived, there's no turning back. Everyone here will just grab a hold of you and pull you up with them!

[GYE Program in a Nutshell](#): *(Right Click the link and press "Save Link/Target As" to save the PDF file to your computer).* We're all in the same boat here. Tzurav Rabim Chatzi Nechama

'Guard Your Eyes' offers a unique approach to helping people by recognizing that there are many different levels in the struggle for "*Shmiras Ainayim*" and "*Shmiras Habris*". After studying the experience of hundreds of religious strugglers over the past few years, we put together the suggestions and recommendations that we feel are best for the various levels. We divided the tools, features and services that GYE offers into 8 different levels. This "[GYE Program in a Nutshell](#)" can help people quickly identify at what level of the struggle they are at, and which tools and features would help them most at their particular level.

**Here are some quick things you can do to help you jump straight into recovery:**

1) 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... We also **highly advise** installing "Reporting Software" such as [webchaver.org](#) to give you some accountability, because filters alone are usually not sufficient and they can often be bypassed.

2) Join the [daily Chizuk e-mail lists](#) to get fresh chizuk every day.

3) 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](#).

4) 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!**

5) GuardYourEyes also offers many free anonymous phone conferences where you can join a group of other from Yidden, along with an experienced sponsor. See [www.guardyoureyes.org](http://www.guardyoureyes.org) > Tools > Phone Conferences for many different options. Our conferences are taking place every day, morning, noon and night... Joining a phone group 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 the daily call will be another way of GETTING OUT OF ISOLATION and connecting with others who are going through what you are.

6) If you need more general guidance, write to our e-mail helpline at [gye.help@gmail.com](mailto:gye.help@gmail.com) or call our hotline at 646-600-8100.

7) Download and read the "[Guard Your Eyes Handbook](#)". This handbook outlines the GYE approach in detail, and makes our network much more effective and helpful for people. **The handbook has two parts:**

A) The first part, "**Attitude & Perspective**", 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...

The second part, "**The 18 Tools**", detail 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. 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!

**May Hashem be with you!**

=====

Re: From My heart

Posted by rebdovid - 19 Jul 2011 13:35

---

thank you for your support.

I am clean for 7 hours, with Hashem's help I will continue to be clean and sober.

=====

=====

Re: From My heart

Posted by ZemirosShabbos - 19 Jul 2011 15:50

---

another guy here, wishing you well and hoping to follow your success

success can be staying clean

success sometimes means picking yourself up after a fall and moving on and not wallowing in the garbage

regardless, keep at it and talk to the RBSO whenever you can

=====

=====

Re: From My heart

Posted by shteighecher - 19 Jul 2011 18:15

---

Wow. you are doing great. Let's do another 7 hours or if 7 hours are too much to think of now, let's only think now about the next hour. we will deal with the other 6 hours as they arrive.

Kepp on trucking, one day or one hour at a time.

Take it easy my brother, you are on the right path and at the right place.

=====

=====

Re: From My heart

Posted by struggler - 20 Jul 2011 02:09

---

When I started with the program, going 3 days clean was challenging, but last couple times, I have been putting out consecutive 7 days of being clean, of course this is very far from being great, but each time it is getting easier. You just have to not get discouraged and keep pushing to 90 days. One of the challenges I am facing is that I share the similar feeling about the images, but I am trying to convince myself that I hate them more than I like them, since they interfere my life goals and what I am trying to accomplished w/ my life.

=====

=====

Re: From My heart

Posted by rebdovid - 20 Jul 2011 19:20

---

I am approaching 48 hours with Hashem's help.

It's not easy but I will get there G-D willing

=====

=====

Re: From My heart

Posted by shteighecher - 20 Jul 2011 19:23

---

mazel tov. We are going to make a party when you reach 90 hours. this will be the begining to go forward to 90 days and beyond.

But, right now, we will focus only for this hour. One hour at a time. Kepp on trucking.

=====

=====

Re: From My heart

Posted by ZemirosShabbos - 20 Jul 2011 19:29

---

someone mention a party? i'm in

rebdovid, i am rootin' and tootin' for ya'

big 90 hour party coming up

=====

Re: From My heart

Posted by Yosef Hatzadik - 20 Jul 2011 19:31

---

**90 seconds** is also cause for celebration!!!!

Next time someone feels triggered & stalls for 90 seconds....

Woodford anyone?

=====