"All kids who get ticklish like black jelly beans!" Posted by YMG - 28 Jul 2011 17:12

Philosopher: "All kids who get ticklish like black jelly beans!"

Philosopher: "... and since kids are ticklish, kids like black jelly beans".

Philosopher: "You're a kid. You must like black jelly beans too!"

Child: (puzzled) But I don't like black jelly beans.

Philosopher: Could it be that maybe you're not a kid?

Child: (holding up 5 fingers) - "I'm this much!"

Philosopher: Then maybe it's because you're not ticklish?

Child: (poking at his ribs) But I am ticklish.

Philosopher: Then maybe you're not that ticklish. Not all kids are that ticklish!

Child: Um... I dun know.

Philosopher: (frustrated and upset) Why don't you listen to me when I tell you "how" kids are and "why" they are!

Philosopher: Look "Kid" – you've only been a kid for 5 years, and you don't know so much about being a kid. Me on the other hand, I've been around much longer than you and my child years span greater than your whole life!

Philosopher: "All kids who get ticklish like black jelly beans...!"

Re: "All kids who get ticklish like black jelly beans!" Posted by YMG - 28 Jul 2011 17:23

Philosopher: I don't know why I'm even talking to you.

Philosopher: How are you even supposed to know what kids like or not?

Philosopher: You're a kid!

Philosopher: And kids don't know anything...

Re: "All kids who get ticklish like black jelly beans!" Posted by shteighecher - 28 Jul 2011 17:29

Welcome YMG to our Chushiva Kehilla, How can we help you ?

Here is the official welcome from GYE.

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!

<u>GYE Program in a Nutshell</u>: (*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. Tzuras 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 "<u>GYE Program in a</u> <u>Nutshell</u> 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 <u>this page</u> for one good filter option, along with instructions on how to install it best – and give away the password to our "filter Gabai"... See <u>this page</u> for another 20 (or so) filter ideas and information... We also **highly advise** installing "Reporting Software" such as <u>webchaver.org</u> 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 <u>90 day chart</u> on-line? Sign up <u>over here</u>.

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 frum Yidden, along with an experienced sponsor. See <u>www.guardyoureyes.org</u> > 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 <u>gye.help@gmail.com</u> or call our hotline at 646-600-8100.

7) Download and read the "<u>Guard Your Eyes Handbook</u>". 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!

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Re: "All kids who get ticklish like black jelly beans!" Posted by Gevura Shebyesod - 28 Jul 2011 21:36

I don't get it....

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But black jelly beans are definitely my favorite kind!

Maybe it's because i'm still a kid inside?

Re: "All kids who get ticklish like black jelly beans!" Posted by the guard - 29 Jul 2011 11:13

Re: "All kids who get ticklish like black jelly beans!" Posted by helpfyi - 29 Jul 2011 13:02

yo man stop beating around the bush i have no idea what you talkin about!

Re: "All kids who get ticklish like black jelly beans!" Posted by YMG - 29 Jul 2011 15:46

Philosopher: "Generally, all kids that get ticklish like black jelly beans."

Philosopher: I know, because I was ticklish when I was a kid, and it's true that I also liked black jelly beans then. Philosopher: 2b or not 2b, that is the question. Philosopher: This stuff is basics!

Philosopher: (thinking) If he doesn't like black jelly beans, then he's just not the average, normal kid.

Philosopher: (thinking) What else isn't normal about him?

Philosopher: (thinking) My kids all like black jelly beans. My kids are normal.

Philosopher: (thinking) I'd better talk to all the parents around here. I wouldn't want anyone "not normal" playing with my kids.

Philosopher: (thinking) They clearly won't be able to relate with each-other!

Philosopher: (thinking) ... and that might be detrimental.

Philosopher: (muttering under his breath) This kid is dangerous!

Re: "All kids who get ticklish like black jelly beans!" Posted by YMG - 29 Jul 2011 16:16

Helpfyi wrote on 29 Jul 2011 13:02:

yo man stop beating around the bush i have no idea what you talkin about!

I'm demonstrating a special type of logic that even has the potential to make pigs fly! :D

And that would be, um... this:

Philosopher: Birds can fly.

Philosopher: Birds are a type of animal.

Philosopher: Animals can fly.

Philosopher: Pigs are also a type of animal.

Philosopher: Pigs can fly.

Some have said that addicts can sometimes think like this.

I guess it's a form of that illogical black and white thinking that perhaps drives us to act out in the first place.

Re: "All kids who get ticklish like black jelly beans!" Posted by YMG - 29 Jul 2011 16:29

For a long time I used to struggle with this really badly, but b"H, I'm not addicted anymore, and I became normal and sober again.

The sexual drive that motivates me to lust is just a "human condition" at this point, and I've learned to deal with that like any other normal human being out there. And thanks for the welcome package shteighecher!

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Re: "All kids who get ticklish like black jelly beans!" Posted by YMG - 29 Jul 2011 16:39

I hope sharing that bit of my own personal experience didn't offend anybody.

Then again, I don't really see how it would...

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Re: "All kids who get ticklish like black jelly beans!" Posted by ur-a-jew - 29 Jul 2011 16:41

YMG wrote on 29 Jul 2011 16:29:

For a long time I used to struggle with this really badly, but b"H, I'm not addicted anymore, and I became normal and sober again.

The sexual drive that motivates me to lust is just a "human condition" at this point, and I've learned to deal with that like any other normal human being out there.

Welcome YMG, I'm an abnormal addict, I was wondering if you can share with me your tips to help me become normal again. Thanks.

Re: "All kids who get ticklish like black jelly beans!" Posted by YMG - 29 Jul 2011 17:01

<u>ur-a-jew wrote on 29 Jul 2011 16:41</u>:

Welcome YMG, I'm an abnormal addict, I was wondering if you can share with me your tips to help me become normal again. Thanks.

For me, a lot of becoming normal again had to do with the fact that very deep inside, I believed that I actually *could*.

I knew that Hashem - who creates nature and stands above nature - has the ability to *restore my sanity and redo my nature from scratch*, and I put my trust in Him.

I didn't let *anyone* tell me what I could and couldn't do, knowing that if I stick to *Hashem*, he has the power to do *anything*!

I stayed away from *anything* that would show limit to His power (saying that he would only do for me a, b, and c), and I asked Him, not for a half measure, but for an entire make-over!

I still do get challenges here and there - typical of a normal human being - but it's nothing that I can't overcome with Hashem's help.

I know that deeply.

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Re: "All kids who get ticklish like black jelly beans!" Posted by ZemirosShabbos - 29 Jul 2011 17:10

i want to hear how pigs can fly

welcome YMG, i am sure you did not mean any harm, but you sort of said the equivalent of 'chometz' in a crowded matza bakery (thank you Mr.Shmutter).

addiction is definitely not normal, if normal means healthy and stable.

but i think you will see that the overly normal or underly abnormal people here are really a great group.

Yisrael Dagan said it very well:

i like your style and i hope you stick around and share

p.s. pass the (red, yellow, green or orange) jellybeans, please

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Re: "All kids who get ticklish like black jelly beans!" Posted by YMG - 29 Jul 2011 17:24

I know what I said.

I said "Hashem can do *anything*!" on a Jewish forum.

I said that Hashem can perform miracles, and that in my case He did.

I fail to see how that's become something harmful. The contrary!

Please explain.

P.S: I don't like black jelly beans either...

Re: "All kids who get ticklish like black jelly beans!" Posted by ZemirosShabbos - 29 Jul 2011 17:48

YMG, i was posting mostly in jest

no harm done

i am happy things are going well for you

wishing you much hatzlocha

have a great Shabbos

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