

It's starting... Now what???

Posted by AchazoBolmus - 10 Aug 2011 19:39

I'm on day 7 and starting to get those first hints of trouble.

Is there some kind of physical cycle? or is it all due to the minor triggers I thought I had dealt with? Am I fighting something outside me or something inside?

Is it a good idea to try and use marital intimacy to replace it or not?

I'm trying to get off the roller coaster and would appreciate any help ASAP. For the moment distractions are still working, but I need more help to get to 90 and beyond.

TIA

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Re: It's starting... Now what???

Posted by Eye.nonymous - 10 Aug 2011 19:41

Hello AchazoBolmus,

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).*

'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 frum Yidden, along with an experienced sponsor. See 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 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!

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Re: It's starting... Now what???

Posted by alexeliezer - 10 Aug 2011 20:01

I'm sure there are different opinions, but if your wife is available, that's certainly preferable to acting out in a way that is assur. Later, when you're further into recovery, you can stop using your wife as a crutch.

Be very careful with shmiras eynayim at all times. I recommend working on not gazing lustfully even at your wife unless intimacy will be happening soon. The lust drug is the lust drug. And getting your fix from your wife (not bshaas maaseh) just feeds the addiction.

Guard against lustful thoughts, fantasies. If they come, all out to Hashem for help.

Win this one!

Alex

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Re: It's starting... Now what???

Posted by gibbor120 - 10 Aug 2011 20:04

[alexeliezer wrote on 10 Aug 2011 20:01:](#)

The lust drug is the lust drug. And getting your fix from your wife (not bshaas maaseh) just feeds the addiction.

Very true.

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Re: It's starting... Now what???

Posted by bardichev - 10 Aug 2011 20:10

if u don't consider yourself sick needy addicted dibbukked

call it what you want

if u act sick

u will be sick

but if u act HEALTHY u will be healthy

having what u are MICHYAV to give your wife

and give it like MENTCH WITH HEART AND SOUL

U WILL BE acting HEALTHY

NOW MAKE A HABIT OUT OF IT

GOOD BEHAVIOR BRINGS MORE GOOD BEHAVIOR

YOUR WIFE MAY BE PLEASED BY TH "NEW YOU"

YOU MAY NO LONGER NEED THE CHEAP FAKE DRUG OF p#@ \$

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Re: It's starting... Now what???

Posted by AchazoBolmus - 11 Aug 2011 13:09

R' Barditchev- It's one thing to act Healthy for 23.5 hrs per day and something else altogether to do it for 24. It's that extra effort that wears me out.

Thanks for th chizuk. I'm feeling better already.

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Re: It's starting... Now what???

Posted by alexeliezer - 11 Aug 2011 19:11

Yes, it's tiring. That's why we turn the battle over to Hashem.

It's more tiring to give in and feel lousy. Only when you stay clean, you wake up feeling great.

Sounds like you're doing this!

Shteig on!

Alex

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Re: It's starting... Now what???

Posted by bardichev - 12 Aug 2011 03:27

[AchazoBolmus wrote on 11 Aug 2011 13:09:](#)

R' Barditchev- It's one thing to act Healthy for 23.5 hrs per day and something else altogether to do it for 24. It's that extra effort that wears me out.

maskim its hard

but either u are trucking or not

experience shows

when we take one tiny sip

we finish the glass the bottle the round the whole entire kretchmer

also its your yh showing u

ahah

u really cant do it

as a famous laeder once said

yes we can!!!!!!!!!!

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