

I AM NEW HERE!!

Posted by Truthy - 10 Jan 2012 01:29

Hey, I am new here. How does this site work?/ I NEED HELP!!

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Re: I AM NEW HERE!!

Posted by NeiroYair - 10 Jan 2012 02:17

[Truthy wrote on 10 Jan 2012 01:29:](#)

Hey, I am new here.

Take away the word "*new*". The fact is is that you're here and that's what counts. Take time to see what part of the website works best for you. I haven't gone through much, as I also just started, but I feel like I need the support of this forum first before I go into all the other options. Just recently I started reading the "Attitudes Handbook" and it's answered a good part of my questions. There is so much I haven't gotten to yet. Also, I get the daily chizuk emails. They're a nice idea of what the site is all about and how it can help both you and I in our individual, yet similar, joint issues.

All the very best!

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Re: I AM NEW HERE!!

Posted by gibbor120 - 10 Jan 2012 14:23

WELCOME Truthy! We're glad to have you with us. Why don't you read through some of the GYE material for starters. The links are included in the welcome package.

Here it is...

Welcome to our community, you have finally come home!

GuardYourEyes (GYE) is a vibrant network and fellowship of Jews of all affiliations, struggling to purify themselves and break free of lust related behaviors. For the first time, there is somewhere to turn to for help in these areas. We're all in the same boat here. *Tzuras Rabim Chatzi*

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

In the last couple of years, the GYE network has helped roughly 1,000 Jews get back on a path of sanity, self-control and healing and has touched the lives of thousands more. GYE has become known throughout the Jewish world as the number one address for dealing with these challenges which have reached epidemic proportions.

The tools of our recovery program were developed with guidance from the best experts in the field, such as Rabbi Dr. Avraham J. Twerski, and through the personal experience of hundreds of Jews who successfully broke free. We use a unique approach that recognizes that there are many different levels in these struggles.

Nechama

Our network is comprised of a website, a pulsating forum, phone conferences, daily Chizuk e-mails, support hotlines, therapists, live 12-Step groups and a program of recovery for all levels of this struggle/addiction.

All our work is free of charge and we zealously protect the complete anonymity of all our members.

Here are some quick things you can do to help you jump straight into your journey:

1) See the "[GYE Program in a Nutshell](#)" (*Right Click the link and press "Save Link/Target As" to save the PDF file to your computer*) that can help you quickly identify at what level of the struggle you are at, and which tools and features would help you most at your particular level.

2) Install a strong filter (see [this page](#) for more info). It is hard to break free of this while having all the garbage within a mouse click away. The filter gabai at filter.gye@gmail.com will hold the passwords for you. We also highly advise installing "Reporting Software" such as webchaver.org to give you some accountability.

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

4) Join the [90 Day Challenge](#). Scientific studies have shown that it takes 90 days to change the neuron pathways created by addictive behaviors in the brain.

5) Post away on this forum, where hundreds of yidden like you exchange chizuk and post logs of their journey to recovery. You will internalize that you are not alone, and you will learn the techniques and attitude that work for so many others.

6) Join our free anonymous [phone conferences](#), led by an experienced sponsor.

7) If you need more general guidance, write to GYE's helpline at gye.help@gmail.com or call the hotline at 646-600-8100.

8.) Download and read the "[Guard Your Eyes Handbook](#)" (a hard copy can be purchased for cost price [over here](#)). 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, "The 20 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!

The second part, "Attitude & Perspective", detail 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...

Our souls cry inside of us, but we have accustomed ourselves to block out that cry. Today we can begin to be who we really want to be.

We are here for you.

www.GuardYourEyes.org

GYE E-Mail Helpline: gye.help@gmail.com

GYE Phone Hotline: 646-600-8100

Help us help others: [Donate Here](#)

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Re: I AM NEW HERE!!

Posted by alexeliezzer - 11 Jan 2012 17:15

[Truthy wrote on 10 Jan 2012 01:29:](#)

How does this site work?

Welcome Truthy!

This site doesn't work. You work. We've just a bunch of guys struggling with the same temptations you are. But we've learned a few tricks that are working. Start by reading the GYE handbook which you can find on the www.guardyoureyes.com homepage. Participating in this forum can also be helpful to get your questions answered, share, vent, and give others chizuk -- all part of the recovery process.

First it's helpful to determine if you're a sex/lust addict. You can check out www.sa.org to see if you meet the criteria. Or maybe you already know.

[Truthy wrote on 10 Jan 2012 01:35:](#)

I read all this talk about willing to give it up to Hashem to deal with it... How does that practically work???

And what if you dont have Emunah and are struggling in the area of believin in god and that he runs the world??

And I cant believe i got into this!! I NEVER THOUGHT DREAMED OR IMAGINED that I would have a problem with this!! How can I give up control and admit that this is an addiction?

Maybe it is just a phase?? How do I know??

If you have tried to stop and can't, it's probably not just a phase, but an addiction that just keeps getting stronger.

Giving it up to Hashem is a concept many have difficulty understanding at first. I did. But you don't have to understand it to make it work. You just have to do it. (more on this in a minute)

Regarding believing in Hashem, and that he runs the world:

I take it you are basically frum and believe, but have questions, doubts. All the more reason to

try turning to Hashem for help with this, because it will build a new bond with Him as you turn to Him for help.

In addition, if you are truly struggling with emunah issues, there is a wonderful series of lectures on emunah, 24 hours worth, starting with proving there is a creator, matan Torah, all the way down to the validity of the Torah and halacha we have today, and answers to the Holocaust, other religions, other branches of judaism, why bad things happen to good people, and much more. I've listened to the whole series several times and it gave me tremendous chizuk, as well as the ability to answer questions of doubters or the curious (including my own children).

Here's the link: jdzn.com/ani/Order%20form%20110804.pdf (order all 3, listen in order)

Now regarding turning the battle over to Hashem--

Just say it. Feelings follow actions. So when lustful thoughts or images enter your mind, or if you are feeling tempted to seek any form of forbidden pleasure, start davening RIGHT AWAY. Here's the nusach I use:

"Ribbono Shel Olam, I am powerless over lust and my life has become unmanageable.

Only you can restore me to sanity.

I turn my life and my lust over to your care and ask you to please heal me from this illness of lust. I don't want to lust, I only want You and a relationship with You and Your Torah, [and appropriate attraction to my wife]. Take my lust. Please, take my lust.

You are giving up lust itself. You have no use for it. No control over it. You are giving it to Hashem to manage for you. One day at a time. One nisayon at a time. Just say it.

Alex

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Re: I AM NEW HERE!!

Posted by Truthy - 12 Jan 2012 00:03

thanks alex! I really appreciate your kind words...

The site u sent me to for the shuirim was actually a form to fill out to buy these shuirim?? Is that the right place ? Does it cost to listen?

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Re: I AM NEW HERE!!

Posted by alexeliezer - 12 Jan 2012 20:10

Yes, it's an order form. The CD's or MP3's are for purchase. If the price is too high, you can call and they'll probably take what you can afford, or set up a payment plan. It's worth it.

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Re: I AM NEW HERE!!

Posted by Truthy - 13 Jan 2012 01:19

thanks the price is too high and i cannot possibly set up a payment plan... there is just too much going on in my life right now.. but I am trying to find this out in different ways now, I am in israel studying so hopefully ill find God here. thanks

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Re: I AM NEW HERE!!

Posted by gibbor120 - 13 Jan 2012 13:38

[Truthy wrote on 13 Jan 2012 01:19:](#)

I am in israel studying so hopefully ill find God here. thanks

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Re: I AM NEW HERE!!

Posted by alexeliezer - 13 Jan 2012 16:48
You picked a good place to look for G-d

See if one of the BT yeshivos like Aish has it in their library.

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Re: I AM NEW HERE!!

Posted by Gevura Shebyesod - 15 Jan 2012 16:31

This was in today's chizuk email....

Spiritual Tip of the Day

Boosting Our Emunah

Although strengthening our Emunah will often not be enough to break a strong lust-attack or an addiction on its own (see the story of Rav Amram Chassid, Rabbi Akiva and Rabbi Meir in Kedushin 80-81), however, a strong Emunah can help push us to take the necessary steps in recovery, and can be a very valuable tool in dealing with the Yetzer Hara, overall.

See the TaPHSiC method for some ways we can learn how to balance Emunah that doesn't work in addictions with Emunah that does work.

"Kedusha" posted:

Anyone whose Emunah is weak will have trouble controlling the y"ch for arayos. That's why, among other reasons, that it's more important than ever that Emunah be properly taught to our children - and ourselves. Many people say that they believe because they're frum (like, lehavdil, adherents of other religions believe in their religious dogma because their religion requires such belief). However, it should really be the opposite: We're frum because we believe that it's the Emes.

I recently completed a wonderful series of Shiurim on this very topic by Rav Dovid Sapirman of Toronto. Rav Sapirman recently started the Ani Maamin Foundation, to help strengthen the Emunah of our youth. He has spoken about the need for this at no less than two recent Torah Umesorah conventions. Rav Sapirman believes it's no longer acceptable (if it ever was) to sidestep the issues of Emunah that bother our young people (and may still bother them when they get older, because they've never been answered).

There are three sets of Shiurim:

- 1.) "Know What to Answer to YOURSELF" (existence of G-d, Torah MiSinai, and other topics) - set of 10 CDs.
- 2.) "Unraveling the Mysteries of Divine Providence" (this world and the next, human suffering, the Holocaust, and more) - set of 6 CDs.
- 3.) "The Oral Torah: Divine and Eternal" - set of 8 CDs.

I highly recommend these life changing Shiurim. They can be ordered directly from Rav Sapirman by contacting him at dsapirman@gmail.com.

If you'd like to try them out, or for those who can't afford to order the CDs, the Shiurim are available for free download at this link: <http://www.divineinformation.com/audios/>

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Re: I AM NEW HERE!!

Posted by NeiroYair - 16 Jan 2012 01:16

[Gevura ShebYesod wrote on 15 Jan 2012 16:31:](#)

This was in today's chizuk email....

Spiritual Tip of the Day

If you'd like to try them out, or for those who can't afford to order the CDs, the Shiurim are available for free download at this link: <http://www.divineinformation.com/audios/>

....a.k.a it's Someone's parnassah VS. My

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Re: I AM NEW HERE!!

Posted by Gevura Shebyesod - 16 Jan 2012 01:23

Say what???? :-\ :-\

Oh, c'mon, man! You can't do that to me...

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~~parn~~assah Who will emerge **victorious**?! Sorry, got carried away a little bit

Re: I AM NEW HERE!!

Posted by NeiroYair - 16 Jan 2012 04:47

In my perfectionist mind (I'm working on it, B"H), it boils down to whether I can afford to pay the money for these shiurim to help someone in their pursuit of parnassah and ultimately ability to spread their Ani Maamin foundation versus the "I can't afford to pay for something like that, ESPECIALLY when it's free and available just like that.....

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Re: I AM NEW HERE!!

Posted by Gevura Shebyesod - 16 Jan 2012 05:08

A: I'm not sure they are the same shiurim.

B: If they are, I assume that they are posted with permission. The charge when you order them is to cover the media, shipping and handling etc. downloading costs them nothing.

Truthy was the one that was asking for them, anyway...

All the best,

Gevura!

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Re: I AM NEW HERE!!

Posted by Truthy - 17 Jan 2012 02:24

Thank you that is the best that i can hope for!! I really appreciate this.. I cant get over this but people really care about others... I was sure you forgot about this... because todays day that is the way of the world. Thank God you are from a different, better world!!

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