

Never lose heart

Posted by noson - 24 Sep 2009 09:20

Dear all,

I just wanted to post a big thank you to the organisers and everyone on this wonderful site. I have struggled for many years with my own addiction, I have done some insanely foolish things and I have had more ups and downs than a Yo-yo.

I have tried numerous methods to try and control my addiction, but I thought I should list a few that helped me an awful lot, they are not cures but we should throw everything we have at the yetzer hara and battling this addiction.

1) Reading the Tikkun Haklili every day or whenever you can - this makes one realise that we **can** rectify every mistake we make.

2) Going to the mikvah daily, or whenever we can - this makes us realise that we **can** cleanse ourselves.

3) I had gone to a hypnotherapist which I found to be very helpful in breaking the back of the habitual cycle I got myself into and even taking the edge off my lusts.

4) Realising that this site exists, that we are not alone and that as a group we can help each other along and beat this together.

5) Finally realising that within all of us there is a G-dly soul that can never been touched by our sins, by the yetzer harah, it is always pure and is always there waiting for its moment to swallow the yetzer harah.....if not now then soon.....

Thank you all for fighting, for being strong and I wish you all a shanah tova and well over the fast.

Noson

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Re: Never lose heart
Posted by Noorah BAmram - 24 Sep 2009 09:51

Dearest Tzadik Noson,

It is my privilege to be the first to formally welcome you to this holy site! Your inspiring words, so well written, is a testimonial to G-dly Soul that is bursting forth from the midst of your beautiful words.

Stick with us and keep sharing from your Well of inspiration!

Love and Prayers to your success

Your friend,

Noorah from the house of Amram

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Re: Never lose heart
Posted by bardichev - 24 Sep 2009 15:11

WELCOME ABOARD!!!!

RESOLVE TO STAY 90 DAYS

bardichev

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Re: Never lose heart

Posted by letakain - 24 Sep 2009 15:13

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Re: Never lose heart

Posted by the.guard - 24 Sep 2009 23:16

Dear Noson,

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

welcome!

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](#)...

And that is why we created the GYE handbooks (links below). If you read them well, from beginning to end, slowly, and try to implement what you read, you will find the answers within them to enable you to completely turn your life around. **You're worth it.**

Also, join the [daily Chizuk e-mail lists](#) to get fresh chizuk every day, and 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!

GuardYourEyes also offers various free anonymous phone conferences, where you can join a group of other from Yidden, along with an experienced sponsor. See [this page](#) for four different options. Our conferences are taking place daily, throughout the week... This 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 joining the group will be another way of GETTING OUT OF ISOLATION and connecting with others who are going through what you are.

Let me tell you a little about the two GuardYourEyes handbooks. They lay down the cornerstone and foundation of our work, and they make our network much more effective and helpful for people.

You see, until now, people would often get "lost" when coming to our website, not knowing what tips and techniques to try. For example, a beginner wouldn't jump straight into therapy or 12-Step groups, while on the other hand, someone whose addiction was more advanced wouldn't be helped by the standard tips of "making fences" putting in "filters" etc... So it was essential to develop a handbook which details all the techniques and tools to dealing with this addiction in progressive order. Now with these handbooks, anyone can read through and see what steps they've tried already, and if those steps haven't worked, they can continue on through the handbook where the steps become progressively more powerful and "addiction-oriented".

And the second handbook, called the "Attitude" handbook, can also help anyone, no matter what level of addiction they may have. Often people write in to us saying that had they only known the proper outlook & attitude that we try and share on the GuardYourEyes network when they were younger, they would have never fallen into an addiction in the first place! So we hope that through this handbook, many addictions will be prevented.

The handbooks are PDF files, set up as eBooks, and they have bookmarks and hyper-links in the Index, to make them easy to navigate.

Make sure to read them, they contain a wealth of information on beating this addiction! And I'd love to hear your feedback on them...

Note: You might want to print them out to read away from the computer. Keep in mind though, that if you do this, you won't be able to click on the many web links in the articles. But you can always come back to them later. The truth is, it's anyway good to go through the whole handbook once without clicking on links, just to get an overview of all the tools available. Once you did that, you can start again from tool #1 and read each tool through more carefully, click the links and study each technique and assess whether you have tried it fully yet or not...

Right click on the links below and select "Save Link/Target As" to download the handbooks to your computer.

1) [The GuardYourEyes Handbook](#)

This Handbook details 18 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. For the first time, we can gauge our level of addiction and find the appropriate tools for our particular situation. And 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!

2) [The GuardYourEyes Attitude](#)

The Attitude Handbook 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...

May Hashem be with you!

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Re: Never lose heart
Posted by Noorah BAmram - 25 Sep 2009 12:26

Chazak Chazak VNischazeik!!! When u r encouraged and strong, you thereby strengthen and encourage all of us!!

Love and prayers

Noorah

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