

Group 196

Posted by the.guard - 09 Dec 2016 12:50

Hi Guys! Welcome to group 196. The members of this group are:

- quiet
- Mober
- hopeful
- shua73
- Happydays
- will Succeed Beh
- Jacobinthewomb
- LifneiHashem
- Baruch_Hashem
- vmoshe
- failedregent
- Shzal
- Hbowman
- AllForHashem
- new leaf See [this page](#) for more details on the goals of these groups.

For best chances of success, everyone needs to try and fulfill certain conditions. [See the conditions here](#).

So who will be the first to volunteer to lead this group? Post below and let's get the party rolling!

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Hatzlacha!

P.S. We are looking forward to hearing feedback from y'all about ways to make the group idea even better. Write to us please at: eyes.guard@gmail.com.

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Re: Group 196

Posted by Yosef Tikun HaYesod - 02 Jan 2017 19:26

more details on my forum thread, with a guy arguing FOR youtube.

AND

a great new story / lesson from Rav Fishel Shechter

on the Beis Medrash thread.

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Re: Group 196

Posted by will Succeed Beh - 02 Jan 2017 19:29

Hi all of you!

Had a really bad slip yesterday, but B"H not a fall!

I was bored at work, and i started browsing... and then it started coming up search for this and for that, and i got to more lusty things, not adult but celeb style (hoping to find some - without admitting).

The things that held me back are, **Filter**, **TaPHSiC Method**, **GYE Forum** (especially this **Mini & the active guys**), **Terrific Teves**.

Filter (GenTech) - i knew that even if i try to get to explicit places, i'll have a hard job to get by my filter.

?**TaPHSiC Method** - Really didnt seem to make scene to say a Sefer of Tehilim or surf GYE to be able to view Porn!!!!, and even if i did it'll cost me **50 Bucks**, and if i dont do it - i'll have to pay **500 Bucks** Ouch!

GYE Forum - Wouldnt want to face you all after it, especially after Starting the **Terrific Teves** campaign.

?So here i am! had a slip but not a fall, fed my lust, got some movies, But no adult content, Bad but not as bad as it could have been.

THANKS HASHEM - THANKS the FILTER (Rabonim) - THANKS GYE & its MEMBERS.

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Re: Group 196

Posted by shua73 - 03 Jan 2017 00:22

HHey guys. Seems to be happy new year party for those drunken desires within us. I find for me that after I slip I tend to trick myself into thinking that since I caught myself before I fell I'm still safe. But the slip leads to it being easier to slip in the future and so on. I'm worried for both of you. Keep us posted as you get back on track. And don't read what I'm writing as that you'll eventually just fall so why not now. I think that reinstating the previous gedarim won't necessarily work nor will potentially more stringent ones. Something led you to open the gate that you closed as a fence between you and porn. You wanted at that time to open the gate. There was some void within you that led you to the comforting experience of viewing porn. Figuring out how to not just fill that void by distracting yourself or putting up more walls, but to instead attack the problem from another angle may be more effective.

For example, I think that by me the core thing leading me to act out is that I feel lonely or mistreated to the extent that I feel underappreciated ... By retreating into the world of porn, I self medicate. Although I generally act out after slipping multiple times all bc of curiosity, I think my issue is also my insecurity at times in a certain respect. Both, things complement each other. Thus, fences prevent curiosity, but don't lead to me recognizing that the loneliness is in my head and that it's not necessarily real. By working on that I am able to fix the problem from another angle making my fences more effective.

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Re: Group 196
Posted by cordnoy - 03 Jan 2017 03:39

HALT

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Re: Group 196
Posted by LifneiHashem - 03 Jan 2017 04:49

Although its definitely true that a slip can lead to a fall within the next few days, I want to reiterate what you said, that this doesn't need to be the case. I've had a few occasions where I slipped, even very seriously, and I told myself "this is it, it's just a matter of time now." But you know what, its not true! I've found this to be for at least 2 intertwined reasons: 1) I only need to get through today 2) thoughts are fleeting, and as long as I can get through today, by the time tomorrow comes (or the next day) the thoughts and heat and NEED will have gone just as easily as they came.

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Re: Group 196
Posted by shua73 - 03 Jan 2017 07:05

[LifneiHashem wrote on 03 Jan 2017 04:49:](#)

Although its definitely true that a slip can lead to a fall within the next few days, I want to reiterate what you said, that this doesn't need to be the case. I've had a few occasions where I slipped, even very seriously, and I told myself "this is it, it's just a matter of time now." But you know what, its not true! I've found this to be for at least 2 intertwined reasons: 1) I only need to get through today 2) thoughts are fleeting, and as long as I can get through today, by the time tomorrow comes (or the next day) the thoughts and heat and NEED will have gone just as easily as they came.

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Re: Group 196
Posted by Singularity - 03 Jan 2017 08:21

Hello beautiful souls. Keep up the truckin'!

I agree a slip doesn't necessarily lead to a fall. But I like to widen the *geder* of a fall and thin out the chance of a slip. To be more brutally honest with myself.

Because if I slip how I like it, I've already fallen.

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Re: Group 196
Posted by Yosef Tikun HaYesod - 03 Jan 2017 11:55

Cord,
@Yosef: Many a time have I justified Youtube use. Turns out it... used me...
o.k. I'll "bite". What does HALT mean?

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Re: Group 196
Posted by cordnoy - 03 Jan 2017 14:00

[Yosef Tikun HaYesod wrote on 03 Jan 2017 11:55:](#)

Cord,

o.k. I'll "bite". What does HALT mean?

Hungry

angryl

Lonely

Tired

It is written in the books that people who are serious about recovery read.

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Re: Group 196

Posted by will Succeed Beh - 03 Jan 2017 18:59

Thanks Shua, Can you explain it a bit clearer?

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Re: Group 196

Posted by shua73 - 03 Jan 2017 19:13

[will Succeed Beh wrote on 03 Jan 2017 18:59:](#)

Thanks Shua, Can you explain it a bit clearer?

WWhich point specifically? Either quote the entire post or a specific part to make it easier for me.

thanks

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Re: Group 196

Posted by will Succeed Beh - 03 Jan 2017 19:17

[shua73 wrote on 03 Jan 2017 19:13:](#)

[will Succeed Beh wrote on 03 Jan 2017 18:59:](#)

Thanks Shua, Can you explain it a bit clearer?

WWhich point specifically? Either quote the entire post or a specific part to make it easier for me.

thanks

If i havent got a specific thing that set me up, just the boredom (when i had a drive one day to search for Porn, i posted it - as i wanted out, but this was searching for something to get me satisfied) so how can i make a fence for it?

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Re: Group 196

Posted by cordnoy - 03 Jan 2017 19:17

[shua73 wrote on 03 Jan 2017 19:13:](#)

[will Succeed Beh wrote on 03 Jan 2017 18:59:](#)

Thanks Shua, Can you explain it a bit clearer?

WWhich point specifically? Either quote the entire post or a specific part to make it easier for me.

thanks

SSsshua, ssstopp makin' ffun of me.

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Re: Group 196

Posted by will Succeed Beh - 03 Jan 2017 19:18

Sorry???

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