

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!

??? ?? ?????? ?????? ?????? ????? ???

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.

=====
=====

Re: Group 196

Posted by Yosef Tikun HaYesod - 08 Jan 2017 18:54

So, my son got an electronic, credit card version of Monopoly.

But, when can we ever play it? It's a long game and it can't be used on Shabbos.

Well, last night we played until pretty late...2 games.

He loved it...I enjoyed the quality time with him...and I'm thinking back on it now, that just a few short months ago, this wouldn't have happened, because I would race to the streaming stupids...after 72 minutes of course....but closed off and alone nonetheless. This is a huge improvement.

=====
=====

Re: Group 196

Posted by shua73 - 08 Jan 2017 22:12

WWhat do you mean by closed off and alone nonetheless? Do you still feel closed off and alone?

=====
=====

Re: Group 196

Posted by shua73 - 08 Jan 2017 22:22

HHey guys here's my update. I am at 14 days and never got around to renew my shvua among other things, and I slipped. Gotta daven now but as precaution among other things, gonna post at least once a day till I reach a month - shabbos and Friday not included, I.e. don't need to post twice for both those days, just once is sufficient.

=====

Re: Group 196

Posted by Yosef Tikun HaYesod - 08 Jan 2017 23:21

In the past, I would wait 72 minutes, but then disappear...plug in and tune out.

Malava Malka plugged in...not spending any time with family or anyone.

The point of my post was to celebrate the great difference now.

I spent over 4 hours playing the new electronic credit card Monopoly with my son,
Motzei Shabbos. I didn't even feel like I was missing something (my alone plugged in time...
after a whole Shabbos away from it).

It's a well known fact that all cigarette smokers who are real smokers/addicts, usually
smoke their first cigarette immediately after Shabbos is over...72 minutes MAX.

=====

Re: Group 196

Posted by will Succeed Beh - 09 Jan 2017 14:17

[Yosef Tikun HaYesod wrote on 08 Jan 2017 16:18:](#)

WSB, what are your 3 steps?

step 1: what you must do before acting out, or else suffer the big kanas of step 3

step 2: what is your small kanas?

step 3: what is your big kanas?

Hi Yosef

This is what im doing, but you should check what works best for you, as probably know yourself
- what type of things work best.

1) Surf the GYE forum for 15 Min / Listen to one of the Shmiras Einayim Hotline for 15 Min.

2) Post / Private Chat / Email about my drives & urges, helped last time.

3) Say a full Sefer of Tehilim.

If i fall afterwards i give 50 bucks to Tzedoko (light Knas).

If i do not do any of the above and fall i'll pay 500 bucks to Tzedoko (heavy Knas).

The reason i chose these actions is because i mostly fall by my computer at work, so i cant take
shower or jogging a half an hour in middle of work (dont ask why i could watch porn - coz you all
).... and the Tehilim one is for when i feel it outside of work.

Hatlacha and keep us u/d.

=====
=====

Re: Group 196

Posted by shua73 - 10 Jan 2017 05:31

TToday's been uneventful. Good night.

=====

=====

Re: Group 196

Posted by will Succeed Beh - 10 Jan 2017 11:16

Shalom Brothers (???? ????)

Got a discussion going on about using TaPHSiC Method to get off non Jewish movies, got anything to add/advise etc. please post

guardyoureyes.com/forum/19-Introduce-Yourself/299473-WILL-SUCCEED-BE?limit=15&start=60#302607

Thanks.

=====

Re: Group 196

Posted by Yosef Tikun HaYesod - 10 Jan 2017 13:26

Picked myself up after a big fall.

Wrote about it on my 90-day forum.

Not trying the taphsic shavua just yet...if at all.

Unlike Shua, I've had a pretty eventful day...

and had a great (super-long) conversation with someone,

that I think was quite productive.

=====

Re: Group 196

Posted by will Succeed Beh - 10 Jan 2017 13:57

)

Please tell us how it did happen and how your working with it (we should know for ourselves).

Hi Yosef, Sorry about your fall. (you already got some *quiet* condolence.
Seems that your not in the grieving lane, just in rebuilding lane, and that is Huge!!!!!!

Keep up and posted.

=====

Re: Group 196

Posted by Yosef Tikun HaYesod - 10 Jan 2017 14:36

people complained that I shouldn't "double post"...

which is why I simply said that I wrote it all out on my 90-day forum thread.

=====

Re: Group 196

Posted by will Succeed Beh - 10 Jan 2017 14:38

[Yosef Tikun HaYesod wrote on 10 Jan 2017 14:36:](#)

people complained that I shouldn't "double post"...

which is why I simply said that I wrote it all out on my 90-day forum thread.

Best if you can provide a link.

=====

Re: Group 196

Posted by LifneiHashem - 10 Jan 2017 14:57

Yosef, upset about the fall, especially after your encouraging monopoly post.

Ive been listening to The Fight by Rabbi Shafier, I think you would like it.

=====

Re: Group 196

Posted by Yosef Tikun HaYesod - 10 Jan 2017 15:28

guardyoureyes.com/forum/4-On-the-Way-to-90-Days/297995-going-for-90-days-%28Feb-20%29?limit=15&start=495#302709

All gains are gains that stay forever. Whatever good I did, however much progress I've made, whatever efforts I've put in to improve are all precious to HaShem and don't get lost or forgotten. As far as R. Shafier's shiurim, I've written extensively about them on my 90-day thread. page 9 and page 18.

=====

Re: Group 196

Posted by Yosef Tikun HaYesod - 10 Jan 2017 15:37

I don't know if that link just goes to the last post, but I wrote 3 posts about the fall, and 1 post responding to Cord.

=====