

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 will Succeed Beh - 13 Jan 2017 11:19

Thanks for all the Chizuk.

I think the first thing i'll do about movies, is to have a limit of max 1 movie per week, and i'll have to ask someone (shua for eg.) if its ok.

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Re: Group 196

Posted by will Succeed Beh - 13 Jan 2017 11:39

Now i really feel the power of the words (in my sig)

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here is the song, the words are in the 3rd section.

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Re: Group 196

Posted by shua73 - 13 Jan 2017 14:57

[Singularity wrote on 13 Jan 2017 10:15:](#)

Yes, a good idea to research a movie thoroughly before watching. The standard has REALLY dropped. And it will hit your by surprise.

For me it's not such a surprise. I know every movie has its schmutz. And when I watch, well I

know what i'm watching for

WWhat's the new avatar? It's unclear on my phone.

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Re: Group 196

Posted by Yosef Tikun HaYesod - 15 Jan 2017 13:48

I'll try to get the book soon...and will be able to discuss points of it here or by email..

the times won't work out to do it live.

I need to intervene and make sure I hit "x" and not leave the time and content controls open.

When I change the time settings, I am vulnerable.

I need to:

1. anticipate the problem (basic relapse prevention)
2. realize that the closer I get to the desired object,

the less able I am going to be able to make good decisions for myself

This 5-minute clip from Rav Shafier is so true too:

www.guardureyes.com/GUE/Music/mus/Telescope.mp3

I am determined to break this bad habit.

But it sure is difficult.

I wanted to just join and start the count and succeed...and break free.

And, I guess, some people do just that.

Well, that hasn't happened to me.

I've learned more of what I need to do to prevent myself from falling...

AND YET I have fallen into the same trap: changing the time settings, then leaving it open,

not "x"ing it out, then turning on videos/streaming, then seeing triggering beautiful women not dressed properly, then hours or days later, being horny and weak and feeling why not, I don't have it in real life and I want it and it's not so bad, it's a basic need, and then changing it to allow adult content and acting out.

Pretty stupid for a smart guy.

Kind of like eating so many french fries on Pesach that I have an upset stomach and feel like I may even throw up, and then having that exact same experience again on Sukkos!

Am I an idiot? I'm a smart guy. So, why don't I know enough to NOT fall into the same trap?

Don't say I'm addicted to french fries or overeating.

The same pitfalls, the same traps...it's embarrassing.

I want to grow and to change for the better.

I don't want to keep fighting (and mainly losing) the same battles.

I want to win and break the pattern of these bad habit behaviors.

And I know it's possible.

ACTING on what we KNOW to be true.

Living it and not just talking about it.

Screamed out of pain and frustration...it's a start.

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Re: Group 196

Posted by Yosef Tikun HaYesod - 15 Jan 2017 15:53

I will still try to get the Enlighten Our Eyes book soon, in Hebrew or English, but I highly doubt it will help.

I can write about things with great clarity and know what's right...and then a little while later, do something totally wrong. The answer is that it is not rational. I am sometimes acting irrationally.

It doesn't mean I know how to stop doing that...but whatever.

Just a little while ago, (AFTER posting my last comment) I took a shower and shave and had thoughts of maybe even failing again. Unbelievable!

Boruch HaShem, I passed this nisayon and got out of there, and did a mitzvah (instead).

But I came really pretty close...definitely not rational!

Either the yetzer hara was just toying with me, taunting me, look how WEAK you are.

Just give in and give up. Close down the thread, fade into the crowd again for a while...maybe years.

OR it was HaShem showing me that He still loves me and giving me a pretty easy victory to make me feel better after just failing.

Maybe it was even both!

HaShem rooting for me and trying to lift my spirits and help me feel close to Him,

and the yetzer hara rooting against me, trying to destroy me and get me to give up.

Wow!

Boruch HaShem, I decided to restrain my tyvahs and get out of there.

Guess I'm ready to keep on monster trucking....as some might say.

Have a great day!

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Re: Group 196

Posted by shua73 - 16 Jan 2017 05:53

SSo looking back at my last fall six days ago, I think I figured out the reason. I am a Baal gaaveh to put it simply and honestly. After being clean for a couple days I tell myself that I'm fine and I don't need to be as strict with my gedarim or I'm so much better than people who struggle more than me so if I just slip a little here it's not the end of the world. That's the short answer.

i must remind myself to be truly honest with what I can and can't do and why I do what I do in order to recover. Gn

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Re: Group 196

Posted by shua73 - 16 Jan 2017 06:00

[shua73 wrote on 16 Jan 2017 05:53:](#)

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AAAnd to anyone who reads this post and thinks maybe that's me also. I just don't feel comfortable saying that or something else ... You probably are that guy and gotta man up and take responsibility for your own actions. If you want to be considered a non addict instead of an addict like so many people try to do than you are automatically responsible for your actions and you have to figure out what about you you can change to make yourself better. Not that this issue is easy to work on it just takes self honesty if there is such a term.

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Re: Group 196
Posted by Singularity - 16 Jan 2017 06:32

Rigorous honesty!

Thanks for the reality check.

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Re: Group 196
Posted by Singularity - 16 Jan 2017 07:07

[shua73 wrote on 13 Jan 2017 14:57:](#)

[Singularity wrote on 13 Jan 2017 10:15:](#)

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For me it's not such a surprise. I know every movie has its schmutz. And when I watch, well I

WWhat's the new avatar? It's unclear on my phone.

It's a new game: Lust Squash.

The two red lines separate my circles (from SAA's "three circles" tool)

The top is my outer circle behaviours. All positive things that I can do and not sink into the abyss. Between the two lines is my middle circle behaviours. Those attitudes that warrant a "slip". Sure, they're not *asur*, but I can't *start* off with them, or else I'm OUT. (Check the rules of squash)

Below the bottom line are my inner circle behaviours. All about me. The urges, the rushes, and no considerations. Hell, if I hit there, I hear a *CLANG*, smashed back to reality. And then I'm OUT. Lost it.

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Re: Group 196

Posted by will Succeed Beh - 16 Jan 2017 15:20

Hi guys

I fell again yesterday, but this time its going to cost me a pretty penny £500 (still need to work it out, how to get it without my wife realising it...).

I think what triggered it was i was still numb and detached from myself since my fall last week, so i was very vulnerable emotionally.

Yesterday i found my cache file, that was full of porn pictures, from last week, and the struggle started...

i decided i'm going to delete it straight away, but as it had some files that couldn't i had to delete them inside the file...

But afterwards i felt i cant anymore, and i restored them and.....

I was so broken afterwards, i felt my whole soberty / normal life is over.

So i gave myself some time, not detach myself, and i see the real battle has just started how can i give it up, so we are going back on it, with the Chizuk of you all, the fact that i did 41 days of active fighting (not slipping in and out), gives me Chizuk, after my fall last week it just made me more depressed, if after 41 days i couldnt keep myself, so how can i!, but now i think if i could do 41 days, i could surely do even more.

Still in middle of working on a new formula, but keeping the fight going. and BE"H WE WILL SUCCEED.

LOL.

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LOL.

FSKOT!!! Hitch a ride now!

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Re: Group 196

Posted by cordnoy - 16 Jan 2017 15:44

Sorry to hear about fall.

good to hear your attitude.

Will you be addin' any ammunition to your arsenal?

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Re: Group 196

Posted by LifneiHashem - 16 Jan 2017 17:25

Not easy to get up after a fall, but you will succeed be"n!

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Re: Group 196

Posted by will Succeed Beh - 16 Jan 2017 18:46

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That 500 quid is because i didnt do any of the prevention methods on the TaPHSiC Shvua...

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