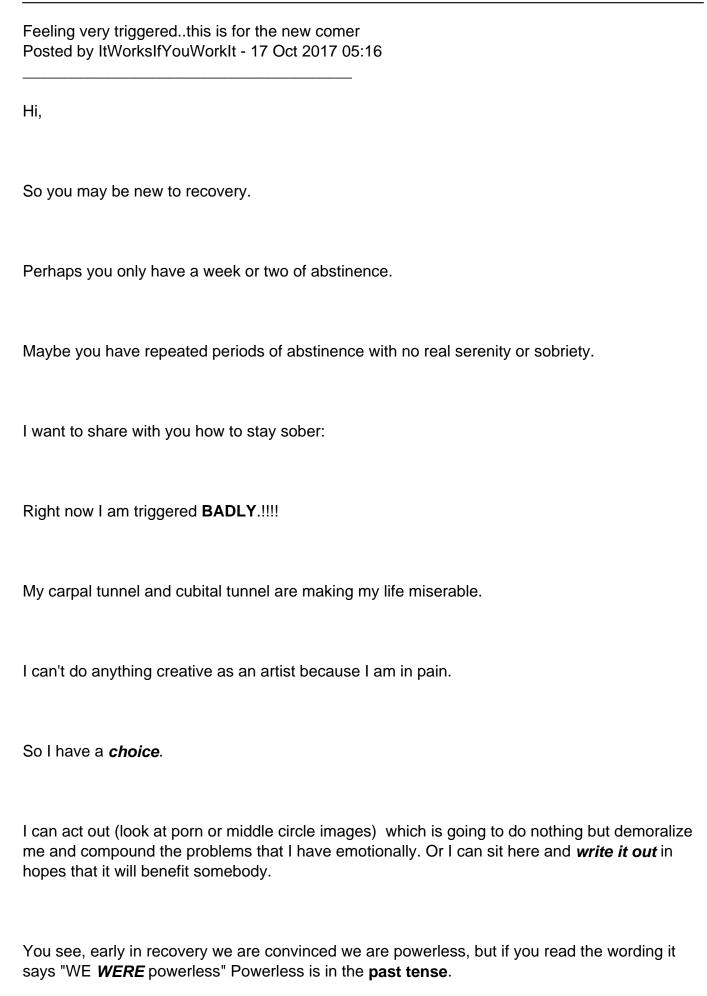
## **GYE - Guard Your Eyes**

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Through recovery we do become empowered, and we are capable of making sound decisions for ourselves but it takes time. It's taken me nearly three years for me to be able to sit here and write this out. I am now going to call my sponsor and say "Steve, I'm thinking about masturbating and I don't want to act compulsively". This is a perfect opportunity to cool off, take a walk, to **think and thank Hashem** for all of the things that I have to be grateful for. Gratitude and service to others is the only way out of this disease of self interest and self soothing. ==== Re: Feeling very triggered..this is for the new comer Posted by dms1234 - 17 Oct 2017 18:22 When am triggered, i like to get out of my head and do service: wash the dishes, put away seforim in the beis medrish or even pick up garbage outside. When I am lusting I am very selfish. Its all about me. That i should feel good. So i try to turn the tide and get out there and become selfless by doing for others. ==== Re: Feeling very triggered..this is for the new comer Posted by ItWorksIfYouWorkIt - 17 Oct 2017 18:54

Exactly, and when we write it out we are of service to others, we all benefit from each others stories of strength and hope. I can so relate to what your saying. Acting out is SOOOO self

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## Generated: 22 July, 2025, 20:27 centered. "I'm not feeling well so I am going to take whatever I want to feel better regardless of the implication for the individual or collective culture" or "You, as a Woman that I don't know, are so unimportant that I am going to medicate myself off your exploitation and suffering" it's really a sick idea when looked at through the prism of clarity via being sober

**GYE - Guard Your Eyes**