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General Help Posted by seinayim - 09 Aug 2020 20:08

I am making my way through the guard your eyes handbook. There are a lot of resources which are not linked, along with references to 'coming soon'. What have people found to be most helpful on this site. i am currently falling big time with this and need help

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Re: General Help

Posted by Captain - 09 Aug 2020 20:40

I have found these 2 resources to be the best by far:

The Battle of the Generation (ebook or softcover book). Download

here: https://guardyoureyes.com/ebooks/item/the-battle-of-the-generation.

Rabbi Shafier's incredible lectures on breaking free: The Fight. Download

here: https://theshmuz.com/series/the-fight/

These will help you change your attitude on this fight, so you won't feel like you're fighting a losing battle and trying to guilt yourself to win but deep down knowing you're going to give in.

Try some of each for two weeks and you will notice a huge difference.

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Re: General Help

Posted by Dave M - 09 Aug 2020 22:31

Also, participate on the forum, posting about your struggles and successes, as well as responding to other posts. Take some time to read other members' "stories"

changer. Definitely am going to try reading the book and I highly recommend R' Shafier.

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