

## GYE - Guard Your Eyes

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New start.....Please join me!

Posted by eme - 20 Oct 2008 17:25

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So I have had many "new starts" before, and have fallen each time. After finding and reading this site, I feel inspired to try again. Thanks to all those who shared their own story. A special thank you to the creators and mods of this site - Hashem should repay your kindness and life saving work with every imaginable bracha. May we all be mechaziek one another.

I realize that the main issue for me is the actual guarding of my eyes. If I would do that it wouldnt lead to other things....

I have destroyed years of my life already and it cannot go on. I have influenced others and damages innocent neshamos and it cannot go on. I l'H hope to get married soon and cannot be responsible for ruining another innocent persons life through such behaviours.

I realize that only the Creator of the world can help me be matzliach in this enormous challenge and upwards spiritual journey, so at this time before I start I beg and cry to Him on this holy day of Hoshanna Rabah with all my soul and heart to let me succeed in defeating the yetzer horah. I know He is "eme" (with me) at all times, and wants me to win this war.

I hope to sign in nearly every day to post whether or not I had success guarding my eyes the day before. I would love to make this upward journey together with others, so feel free to post along with me every day.

~eme~

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Re: New start.....Please join me!

Posted by eme - 25 Feb 2009 05:20

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This addiction is insane...I think I can honestly say I know what people trying to break free from drug abuse feel like. It actually physically hurts not to feed it at times. On day 3 now...things are as tough as ever. I had 2 really great streaks, one over 40 days and one of 20. This time I hope

G-D lets me break free. Daven for me please. I really need it.

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Re: New start.....Please join me!  
Posted by Momo - 26 Feb 2009 12:17

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Eme,

You are very impressive having the honesty to recount after 40 days! I can tell just by reading your posts that YOU CAN DO IT!

-Momo

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Re: New start.....Please join me!  
Posted by eme - 12 Mar 2009 06:17

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So after yet another nice little streak, I failed again. Its amazing that when I get into the mood, I just ignore Hashem. My password for k9 is G-Diswatching, but I just type it in and continue looking at filth right after....How can I do something so wrong after reminding myself that G-D can see me? What is wrong with me? I am reaching that point once again, where I feel like the biggest hypocrite and liar every time I apologize to Hashem and ask him to forgive me. Every time I promise, it wont happen again, but then it does. I wonder if I can ever atone correctly for all of this.

I have added dozens of keywords and websites to block on my k9 filter. I changed the password again to one that I dont know. I hope to change the email to someone elses within a day or two. Is anyone here on the computer alot from 8AM till 11PM PST? I would like to use your email for the k9 filter. Please PM me if you think you would be willing to do this.

Today is the start of day one. I hope I never have to return to day 1 ever again.

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Re: New start.....Please join me!  
Posted by the.guard - 12 Mar 2009 08:13

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You can use mine... 11 PM is a little late for Israeli time, but until about 5 PM U.S time I should be around...

See this page for the best way to do this: [guardyoureyes.org/?p=24](http://guardyoureyes.org/?p=24)

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Re: New start.....Please join me!  
Posted by jack - 12 Mar 2009 13:34

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listen - when i was a teenager a hundred years ago, i used to mast.. after a night of learning on shvuus! how's that for hypocrisy! you're on the way up by admitting it and feeling bad about it. it'll just take time, that's all.just keep admitting, keep feeling remorse, and there WILL come a time when you wont fall anymore.when this will be noone knows.but if you keep at it, YOU WILL SUCCEED!!! guaranteed!! i love you for what you are doing here, and for fighting this holy battle!

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Re: New start.....Please join me!  
Posted by Mevakesh Hashem - 12 Mar 2009 13:41

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eme,

I can do it for you. contact me privately. I am in the NY area, so the timing may be better for you.

Chazak V'Ematz!

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Re: New start.....Please join me!  
Posted by UTS - 12 Mar 2009 18:20

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[eme wrote on 25 Feb 2009 05:20:](#)

This addiction is insane...I think I can honestly say I know what people trying to break free from drug abuse feel like. It actually physically hurts not to feed it at times. On day 3 now...things are as tough as ever. I had 2 really great streaks, one over 40 days and one of 20. This time I hope G-D lets me break free. Daven for me please. I really need it.

It is helpful to keep in mind that which Chazal said that there is a small organ in the body that if one "satisfies" it, it is hungry. If one keeps it hungry, it is satisfied. BTW, I heard from a great man that this applies to other things also, but for our purposes, the literal meaning is something that can carry the day.

What I understand from here is that it becomes easier with time.

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Re: New start.....Please join me!  
Posted by UTS - 12 Mar 2009 18:22

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[me wrote on 21 Oct 2008 20:01:](#)

Excellent answer!!!

Concerning the different types of pains:

We must accept the fact that there must be pain.

Now, let us decide: Do I want the pain of the "work out" or the pain of the "loss"???

Great point!

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Re: New start.....Please join me!  
Posted by eme - 13 Mar 2009 22:23

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Finishing day 2. Thank G-D its shabbos.

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Re: New start.....Please join me!  
Posted by the.guard - 14 Mar 2009 17:21

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Dear Eme, we are all "Emcha" (with you).

I'm not trying to undermine a new start, chas veshalom, but Hashem is looking for more than just "new starts". He wants the "new starts" to take us forward each time a little bit more. Do you have a plan? Why will this time be different than other times? What fences have you made around the things that brought you to fall in the past? What new things are you doing to assure that this time you'll do better?

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Re: New start.....Please join me!  
Posted by eme - 15 Mar 2009 01:21

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Yeah, Aside from trying to do tshuva, each time I add more into the filter (keywords and sites to block), and give a nice amount of tzeddaka.

What else should I do?

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Re: New start.....Please join me!  
Posted by the.guard - 15 Mar 2009 12:03

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Those are excellent steps!

I have a new idea. Make a Kabbala that **before** you actually let yourself fall, you will take a 10 minute brisk walk.

Also, there is so much you can do...

- Are you on the weekly phone conference?
- Do you have a partner/sponsor?
- Have you considered therapy?
- 12-Step groups?
- Are you on the 90-day chart?
- Do you read through tips / past Chizuk e-mails on our website when feeling weak?

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Re: New start.....Please join me!  
Posted by UTS - 16 Mar 2009 04:03

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[guardureyes wrote on 15 Mar 2009 12:03:](#)

Those are excellent steps!

I have a new idea. Make a Kabbala that **before** you actually let yourself fall, you will take a 10 minute brisk walk.

What I am b"n going to do if I feel that I'm overwhelmed is either go for a walk first, or read the post "Revelation", plus one or two other posts which I have printed and put in a certain place and say Krias Shma. Or simply do something else. However, the most important thing that I think would help me anyway would be to read that post and one or two others.

It's amazing how if I just take my mind off something that I'm obsessing about, the obsession goes away or at least diminishes for a while anyway at least. The thing is that I didn't actually do this a couple of times and felt that nothing would help. However, now I realize that that is the obsession or addiction talking, and it is at least worth doing what I realize now when I am not obsessing about it consider to be the proper and rational thing to do.

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Re: New start.....Please join me!  
Posted by the.guard - 16 Mar 2009 10:57

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Beautiful reply, Esnachtoh!

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