

wiped out all my p\*rn

Posted by needsomehelp - 29 Jun 2009 23:20

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Well I did it...after found this site and read about other people struggling I wiped out all my p\*rn TODAY...and i haven't masturbated today at all it was enough already.....I can't believe how much time it wastes and interferes with someone's life, job and love of his family ...how may thoughts and ideas this junk puts in your mind and makes it seem alright.....well today is the start of the new me... no more watching.....i don't how many of you have blackberry and use blackberry messenger but I had a few females I was talking to I deleted all of them expect for one.....she is a co worker in another building ...I need some strength here... should I just leave her there and not speak to her or should I just delete her and leave in hashems hands .....she sounds very emotional ....but I need to break all ties ...so I can have a clear mind .....

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Re: wiped out all my p\*rn

Posted by needsomehelp - 29 Jun 2009 23:39

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i just wanted to reply to my own message i just deleted her!!!.....

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Re: wiped out all my p\*rn

Posted by Noorah BAMram - 30 Jun 2009 00:11

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Welcome aboard!

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Re: wiped out all my p\*rn

Posted by Momo - 30 Jun 2009 05:39

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"Needsomehelp", your strength inspires us all! Today HaShem said that "needsomehelp" give the greatest korban by sacrificing his p\*rn. I know how it feels to give stuff like this up; I've deleted photos and access to YouTube and Facebook in the past. Congratulations, this is the first day of the rest of your new life!

I must warn you that after the "high" you're feeling now, you might feel a "drop" in a couple of days and regret what you did. That's when you need to post here the most and get/read chizuk from us, your new family who really understands you.

Welcome home!

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Re: wiped out all my p\*rn  
Posted by the.guard - 30 Jun 2009 08:28

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Dear NeedSomeHelp,

I am the admin of the forum and website. Welcome to our community!! Once you've arrived, there's no turning back. Everyone here will just grab a hold of you and pull you up, up, up!

We get dear Yidden like you joining our community every day. That is why we created the GYE handbooks (links below). If you read them well, from beginning to end, slowly, and try to implement what you read, you will find the answers within them to enable you to completely turn your life around. Although you made a strong decision yesterday and deleted all your contacts and p\*rn, the nature of addiction is so insidious that you should not trust yourself for a moment. I implore you, if you value your life in this world and the next, to read the handbooks carefully and install a solid internet filter right away and give away the password to me (see [this page](#) for instructions). **You're worth it.**

Also, join the [daily Chizuk e-mail lists](#) to get fresh chizuk every day, and post away on this forum. You will get tons of daily Chizuk and support. This disease can't be beat alone. It works best when you get out of isolation!

And we just started yesterday a 12-Step phone group that would be a tremendous step in the right direction for you and help you turn your life around. PLEASE JOIN [DUVID CHAIM'S daily group](#). You can see how to join 4 X a week at noon, by scrolling to the bottom of [this page](#). Not only will you learn the secret of the 12-Steps - which is known to be the world's most powerful program for beating addiction having helped millions world wide, but joining the group will be another way of GETTING OUT OF ISOLATION and connecting with others who are going through what you are. This is VERY important.

Let me tell you a little about the two GuardYourEyes handbooks. They lay down the cornerstone and foundation of our work, and they make our network much more effective and helpful for people.

You see, until now, people would often get "lost" when coming to our website, not knowing what tips and techniques to try. For example, a beginner wouldn't jump straight into therapy or 12-Step groups, while on the other hand, someone whose addiction was more advanced wouldn't be helped by the standard tips of "making fences" putting in "filters" etc... So it was essential to develop a handbook which details all the techniques and tools to dealing with this addiction in progressive order. Now with these handbooks, anyone can read through and see what steps they've tried already, and if those steps haven't worked, they can continue on through the handbook where the steps become progressively more powerful and "addiction-oriented".

And the second handbook, called the "Attitude" handbook, can also help anyone, no matter what level of addiction they may have. Often people write in to us saying that had they only known the proper outlook & attitude that we try and share on the GuardYourEyes network when they were younger, they would have never fallen into an addiction in the first place! So we hope that through this handbook, many addictions will be prevented.

The handbooks are PDF files, set up as eBooks, and they have bookmarks and hyper-links in the Index, to make them easy to navigate.

Make sure to read them, they contain a wealth of information on beating this addiction! And I'd love to hear your feedback on them...

*Note: You might want to print them out to read away from the computer. Keep in mind though, that if you do this, you won't be able to click on the many web links in the articles. But you can always come back to them later. The truth is, it's anyway good to go through the whole handbook once without clicking on links, just to get an overview of all the tools available. Once you did that, you can start again from tool #1 and read each tool through more carefully, click the links and study each technique and assess whether you have tried it fully yet or not...*

**Right click on the links below and select "Save Link/Target As" to download the handbooks to your computer.**

**1) [The GuardYourEyes Handbook](#)**

*This Handbook details 18 suggested tools and techniques, in progressive order, beginning with the most basic and fundamental approaches to dealing with this addiction, and continuing down through increasingly earnest and powerful methods. For the first time, we can gauge our level of addiction and find the appropriate tools for our particular situation. And no matter what level our addiction may have advanced to, we will be able to find the right tools to break free in this handbook!*

**2) [The GuardYourEyes Attitude](#)**

*The Attitude Handbook details 30 basic principles to help us maintain the proper attitude and perspective on this struggle. Here are some examples: Understanding what we are up against, what it is that Hashem wants from us, how we can use this struggle for tremendous growth, how we can deal with bad thoughts, discovering how to redirect the power of our souls, understanding that every little bit counts, learning how to bounce back up after a fall, and so on and so forth...*

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Re: wiped out all my p\*rn

Posted by ninetydays - 30 Jun 2009 14:09

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Welcome to the community. Its amazing to have you. Every new person here fighting to break free makes it easier for us all. I installed k9 a few days ago and since then BORUCH HASHEM it has been amazing. Now even when my wife is not home its like I locked in a jail of Kedusha and I cant and dont want to leave.

Keep posting!!! Your amazing!!!

ninety

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Re: wiped out all my p\*rn

Posted by needsomehelp - 30 Jun 2009 14:27

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yes we are all fighting with hashems help we will defeat the YH ...sneaked him packing....

i read in daveing this morning how many times hashems [img]/img]

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Re: wiped out all my p\*rn

Posted by Efshar Letaken - 30 Jun 2009 14:54

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Dear Reb N.S.H.

Welcome to Gan Eden Hatachton.

Take Momo's & The Heiliger Reb Guards advise, you will need "**a lot**" of help in the coming days.

Get ready for a fight!

The Y"H wont let you out of his hands that fast!

He will let you get high just to get you to fall over & over again so that you eventually give in. the higher you are the harder the hit is. But if you are on this site we will be here to soften the fall if you C"V do & to prevent it from happening in the first place.

So the trick to win is to read the Hand Books & to read as much as you can to see the Y"H war tactics, so you know what to lookout from & be ready to fight back when he attack again & he will attack!

Keep Us Posted

Efshar Letaken

We can win but not if we don't train how to fight & fight back.

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Re: wiped out all my p\*rn

Posted by needsomehelp - 30 Jun 2009 15:10

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Thanks for the great words.....yes the fight will be a uphill battle...but victory is the only option.....that's what is in my mind anything less than victory will be failure.....With hashem help we shall all prevail the Yh might be strong when we are down and vulnerable ....but with courage we shall push the YH back far far away .....and keep pushing back until YH cant touch us !!!

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Re: wiped out all my p\*rn

Posted by Efshar Letaken - 30 Jun 2009 15:32

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[needsomehelp wrote on 30 Jun 2009 15:10:](#)

..that's what is in my mind anything less than victory will be failure...

Wrong! any progress at all we make is already victory even if we might fall we don't lose what we gained. you will need this info in the future.

That's one of the Y"H tactics to keep you down. "You Are A Failure!" he will use that against you.

E.L.

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Re: wiped out all my p\*rn  
Posted by Efshar Letaken - 30 Jun 2009 15:38

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Another tip.

Make sure all the P\*\*n you got rid of is not sitting on any computer backups or temp files.

a few weeks into my recovery I came across some pics & clips that were stored away in some unknown corner on my PC & I was in a heavy fight with the Y"H. He was telling me to just take a look if they are really what the title says the are & of cores delete it when I'm sure it is what it is. It was hard to overcome but YaaaaaaaaaaaaaaaaY! I won!

E.L.

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Re: wiped out all my p\*rn

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Posted by needsomehelp - 30 Jun 2009 15:54

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i made sure i delete everthing from my external drives as well !!! going at this 150 %

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Re: wiped out all my p\*rn

Posted by Efshar Letaken - 30 Jun 2009 16:26

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Your The Man!

Chazak V'Emutz!

E.L.

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Re: wiped out all my p\*rn

Posted by ninetydays - 30 Jun 2009 16:34

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Hey on this conversation maybe someone here somewhat tech savvy can help me. Like I mentioned before I installed k9 protection and I cant see as much as the "Etzbah Ketanah" of a woman with this filter BH!

However, when I open a picture from my email it opens with Windows view finder and there are so many pictures stored there from "the days when..."

How do I delete all of these. I dont want any access whatsoever!!

Thanks!

ninety

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Re: wiped out all my p\*rn

Posted by the.guard - 30 Jun 2009 16:41

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When you open a picture, right click on it, select properties, and see where the "Location" is. Copy the address of the "Location" and paste it into the address bar of any folder on your computer. Press Enter and you'll enter the folder where the junk is.

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