

Weird thing happened today

Posted by ilovemywife - 04 Aug 2011 17:41

My rebbe was giving shiur and at the end he spoke about the murder of the Babba Sali's grandson, the Babba Eliezer. And m rebbe said he would never look at another woman, his strong point was guarding his eyes. And I found it weird that he was murdered on the same day that my wife found out I was looking at porn on the internet. Ever since that day I have been guarding my eyes. And I will do it forever for myself, and the Babba Eliezer.

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Re: Weird thing happened today

Posted by helpfyi - 04 Aug 2011 18:47

very nice thought, but we need to make fences, did you sent up a filter? did you read the handbook? those are a must.

hazlocha!

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Re: Weird thing happened today

Posted by ninetydays - 04 Aug 2011 20:29

Hi Ilovemywife -

Now I do not know how your wife found out or anything but I want to ask you a question. If it had to happen to you at some point and you knew it would and if you could have timed when and how it should happen what would you prefer.

- 1) Married a month and she busts you masturbating to pornographic images on your computer
- 2) After 2 years with no kids (however she found out)
- 3) Married for 15 years with 3-6 kids and she busted you however

To me it seems like the perfect time. You are married long enough that she may be able to forgive you. Being married for a month when she finds out is no good. She may not be able to continue the marriage. Being married for 15 years is not either good. She would feel like 15 years of a wasted life. She may stay with you for the children but not because she wants to.

Think about it for yourself. How should it have happened if it were up to you?

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Re: Weird thing happened today
Posted by ilovemywife - 07 Aug 2011 14:19

She found out when we were married with no kids for 2 years.

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Re: Weird thing happened today
Posted by Eye.nonymous - 07 Aug 2011 19:05

Hello Ilovemywife,

Welcome to our community, you have finally come home!

Once you've arrived, there's no turning back. Everyone here will just grab a hold of you and pull you up with them!

[GYE Program in a Nutshell](#): (Right Click the link and press "Save Link/Target As" to save the

PDF file to your computer).

'Guard Your Eyes' offers a unique approach to helping people by recognizing that there are many different levels in the struggle for "*Shmiras Ainayim*" and "*Shmiras Habris*". After studying the experience of hundreds of religious strugglers over the past few years, we put together the suggestions and recommendations that we feel are best for the various levels. We divided the tools, features and services that GYE offers into 8 different levels. This "[GYE Program in a Nutshell](#)" can help people quickly identify at what level of the struggle they are at, and which tools and features would help them most at their particular level.

Here are some quick things you can do to help you jump straight into recovery:

1) Make sure to install a strong filter. It will be almost impossible to break free of this while having all the garbage within a mouse click away. See [this page](#) for one good filter option, along with instructions on how to install it best – and give away the password to our "filter Gabai"... See [this page](#) for another 20 (or so) filter ideas and information... We also **highly advise** installing "Reporting Software" such as webchaver.org to give you some accountability, because filters alone are usually not sufficient and they can often be bypassed.

2) Join the [daily Chizuk e-mail lists](#) to get fresh chizuk every day.

3) Scientific studies have shown that it takes 90 days to change a neural thought pattern that was ingrained in the brain through addictive behaviors. Did you join the [90 day chart](#) on-line? Sign up [over here](#).

4) 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!**

5) GuardYourEyes also offers many free anonymous phone conferences where you can join a group of other frum Yidden, along with an experienced sponsor. See www.guardyoureyes.org > Tools > Phone Conferences for many different options. Our conferences are taking place every day, morning, noon and night... Joining a phone group would be a tremendous step in the right direction for you and help you learn freedom from this addiction. 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 the daily call will be another way of GETTING OUT OF ISOLATION and connecting with others who are going through what you are.

6) If you need more general guidance, write to our e-mail helpline at gye.help@gmail.com or call our hotline at 646-600-8100.

7) Download and read the "[Guard Your Eyes Handbook](#)". This handbook outlines the GYE approach in detail, and makes our network much more effective and helpful for people. **The handbook has two parts:**

A) The first part, "**Attitude & Perspective**", 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...

The second part, "**The 18 Tools**", detail 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. 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!

May Hashem be with you!

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