

Hello Everyone

Posted by AchazoBolmus - 08 Aug 2011 14:06

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I am an avreich who has struggled for over 20 yrs. I'm happily married with 4 kids BEH and it kills me that I can't get past this. B"H I discovered this site and hope to share the success so many of you have had. I've spent the last couple of days reading the Handbook and various posts.

About the name- Rashi in Vayera says Lot was "lohut achar bolmus shel arayos". Bolmus is a disease characterized by extreme cravings (mishna in last perek of yoma). I think we all understand the term "bolmus shel arayos".

Hatzlacha to everyone.

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Re: Hello Everyone

Posted by ninetydays - 08 Aug 2011 14:30

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Hi Achazobolmus -

You definately came at the right time to clean up. 20+ years living in shmutz is really tough. First think you should do is thank Hshem that you found this site after 20 and not 30 years.

ninety

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Re: Hello Everyone

Posted by Gevura Shebyesod - 08 Aug 2011 14:38

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Welcome aboard! You definitely have come to the right place! Chazak v'ematz!

P.S. It took me 30 years to get here....

Keep On Trucking™ (do you know what that means yet?)

Gevura!

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Re: Hello Everyone

Posted by alexeliezer - 08 Aug 2011 14:40

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I was in it for about 33 years before I even knew there was a name for my condition (lust addict). Fortunately, thanks to this wonderful world-changing site, I was zoche to come clean with life as I know it intact (just my brain was imploding).

Reb Achaz, welcome! Nice to meet you and thanks for joining.

You're in the right place, and certainly at the right time.

We're here to assist you in your climb out.

Hatzlocha!

Alex

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Re: Hello Everyone

Posted by shteighecher - 08 Aug 2011 19:07

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**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](http://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](http://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](mailto: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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Re: Hello Everyone

Posted by bardichev - 08 Aug 2011 19:09

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[AchazoBolmus wrote on 08 Aug 2011 14:06:](#)

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Hatzlacha to everyone.

WELCOME

SOUNDS BETTER THAN ACHZOI KARDAYKIS OR KAR-DI-AYH-KISS

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Re: Hello Everyone  
Posted by AchazoBolmus - 08 Aug 2011 23:02

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Thank you all.

I hope the tremendous ahavas yisroel shown by all here will lead to complete Geulah BBA.

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Re: Hello Everyone  
Posted by Dov - 09 Aug 2011 02:03

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Stick with it, chaver. No matter how weird the ride is, you are worth it!! Life is worth it!! Hashem will help you get the strength to do whatever you need to do...

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