## **GYE - Guard Your Eyes**

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shalom aleichem Posted by bochur28 - 24 Apr 2013 23:08

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Hi, I used to post here about 5 years ago when I first had an internet addiction. Actually, in retrospect, I don't think it was an addiction - just a desire and a compulsive habit. I was able to break free relatively easy when I learned how assur and chamur the whole inyan is. Now, alas, I have come back worse off than ever before. I'm drowning in a sea of shmutz, and the worst part of it is that I don't want to stop. I'm holding now where I want to want to stop, but I don't know how to convince myself, as the yatzer hora was blinded me in many sophisticated ways

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