

Introducing myself

Posted by newaction - 13 Aug 2014 02:40

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Hi everybody this is newaction here .

success to all BE"H

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Re: Introducing myself

Posted by lavi - 13 Aug 2014 02:49

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hi newaction

do you really think you have something new, that we haven't heard about

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Re: Introducing myself

Posted by dms1234 - 13 Aug 2014 03:04

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WELCOME!!!!!!!!!!!!!!!!!!!!

Its great to have you!!!! Wanna tell us a bit about yourself and your struggle?

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Re: Introducing myself

Posted by cordnoy - 13 Aug 2014 06:34

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Welcome,

what's up?

Any issues?

All is well?

Let us know please.

Lookin' forward.

b'hatzlachah

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Re: Introducing myself

Posted by trysohard - 13 Aug 2014 08:27

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hi newaction, welcome! i'm almost as new as you, but i've already learned a lot. you will see that once you open up and let the chevra know what you're struggling with, you will have made a big step in the right direction. so keep on posting, we're waiting to hear from you. Hatzlocha!

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Re: Introducing myself

Posted by newaction - 13 Aug 2014 09:06

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Not really , i need somebody for accountability. but i dont know karate

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Re: Introducing myself

Posted by newaction - 13 Aug 2014 09:09

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Thank you ! trysohard . its not so easy because i am not a pornoholic or crazy about other stuff but defintely have it in my system because of the occasional fall . so i am not sure...

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Re: Introducing myself

Posted by newaction - 13 Aug 2014 09:11

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cordnoy thank you so much

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Re: Introducing myself

Posted by dd - 13 Aug 2014 11:17

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WELCOME!!!!

join the chevrah, its great to have you here,

KUTGW!!!!

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Re: Introducing myself

Posted by trysohard - 13 Aug 2014 12:38

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KUTGW stands for keep up the good work. maybe abbreviations should be teitched for newcomers.

Anyways, newaction here's the official gye welcome kit.

**Welcome to our community, you have finally come home!**

GuardYourEyes (GYE) is a vibrant network and fellowship of Jews of all affiliations, struggling to purify themselves and break free of lust related behaviors. For the first time, there is somewhere to turn to for help in these areas. We're all in the same boat here. *Tzuras Rabim Chatzi*

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

In the last couple of years, the GYE network has helped roughly 1,000 Jews get back on a path of sanity, self-control and healing and has touched the lives of thousands more. GYE has become known throughout the Jewish world as the number one address for dealing with these challenges which have reached epidemic proportions.

*Nechama*

The tools of our recovery program were developed with guidance from the best experts in the field, such as Rabbi Dr. Avraham J. Twerski, and through the personal experience of hundreds of Jews who successfully broke free. We use a unique approach that recognizes that there are many different levels in these struggles.

Our network is comprised of a website, a pulsating forum, phone conferences, daily Chizuk e-mails, support hotlines, therapists, live 12-Step groups and a program of recovery for all levels of this struggle/addiction.

All our work is free of charge and we zealously protect the complete anonymity of all our members.

**Here are some quick things you can do to help you jump straight into your journey:**

1) See the "[GYE Program in a Nutshell](#)" (*Right Click the link and press "Save Link/Target As" to save the PDF file to your computer*) that can help you quickly identify at what level of the struggle you are at, and which tools and features would help you most at your particular level.

2) Install a strong filter (see [this page](#) for more info). It is hard to break free of this while having all the garbage within a mouse click away. The filter gabai at [filter.gye@gmail.com](mailto:filter.gye@gmail.com) will hold the passwords for you. We also highly advise installing "Reporting Software" such as

[webchaver.org](http://webchaver.org) to give you some accountability.

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

4) Join the [90 Day Challenge](#). Scientific studies have shown that it takes 90 days to change the neuron pathways created by addictive behaviors in the brain.

5) Post away on this forum, where hundreds of yidden like you exchange chizuk and post logs of their journey to recovery. You will internalize that you are not alone, and you will learn the techniques and attitude that work for so many others.

6) Join our free anonymous [phone conferences](#), led by an experienced sponsor.

7) If you need more general guidance, write to GYE's helpline at [gye.help@gmail.com](mailto:gye.help@gmail.com) or call the hotline at 646-600-8100.

8.) Download and read the "[Guard Your Eyes Handbook](#)" (a hard copy can be purchased for cost price [over here](#)). 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, "The 20 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!

The second part, "Attitude & Perspective", detail 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...

Our souls cry inside of us, but we have accustomed ourselves to block out that cry. Today we can begin to be who we really want to be.

We are here for you.

[www.GuardYourEyes.org](http://www.GuardYourEyes.org)

GYE E-Mail Helpline: [gye.help@gmail.com](mailto:gye.help@gmail.com)

GYE Phone Hotline: 646-600-8100

Help us help others: [Donate Here](#)

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Re: Introducing myself

Posted by Pidaini - 13 Aug 2014 12:46

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Welcome newaction!!

Don't be a stranger, tell us about your "occasional" falls. How occasional are they? What triggers them? And last and most important....Are you sure that you're not lusting the whole time even when you don't "fall"?

We're all in the same boat here, there is nobody better than the other!!

P.S. [GYE Glossary of Terms](#), Enjoy!!

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Re: Introducing myself

Posted by newaction - 13 Aug 2014 13:55

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thank you pidaini . when i was younger there were not occasional . for your i have lust in my system no question about .if not i wouldnt be a member of this site.

i think about lust ( though i am aware now so i try not to ) i dont watch my eyes ( lately i am because i got enrolled in the 90 days program ) and that can lead to masturbation.

but not always many months can pass and i dont do nothing , then i fall.

it doesnt happen with keeping kosher or keeping shabat . it happens with lust . so i admit i have a problem.

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Re: Introducing myself

Posted by newaction - 13 Aug 2014 13:59

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trysohard thank you for the abbreviation .

thanks for the welcome kit i am in the 90 days challeng ( day 7 ) i get the emails and i downloaded the handbook . i would like to have a partner for accountability

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Re: Introducing myself

Posted by Bigmoish - 13 Aug 2014 18:35

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Welcome aboard NA!

I, too, am unsure of my status as a "pornoholic," but I know I have some kind of issue with lust. The main thing for now is opening up and seeing what helps us. The rest is just semantics. Looking forward to hearing more from you.

Moish

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Re: Introducing myself

Posted by cordnoy - 13 Aug 2014 18:41

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[Bigmoish wrote:](#)

Holy Moly! This whole thread happened while I was sleeping?!?!?!?

Who gave you a right to sleep?

We have a job to do!

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