

GYE - Guard Your Eyes

Generated: 22 August, 2025, 13:27

GYE

Posted by 360gye - 04 Aug 2016 20:37

Hi everyone,

I just found out about GYE, and i am thrilled to help myslef, and other people guard our eyes. A little while ago i started having this problem, that whenever i am on a computer i find myself going to certain sites to browse inappropriate things. Fortunatley, i have some self-control and i do control myself sometimes, but it is not enough and i can use help.

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Re: GYE

Posted by AlexEliezer - 05 Aug 2016 13:06

Welcome!

I hope you will avail yourself of the many tools on this website.

One day at a time works for me.

Hatzlocha in your journey.

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Re: GYE

Posted by gibbor120 - 05 Aug 2016 16:03

Welcome! Check out the handbook and some of the links in my signature. Keep posting.

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Re: GYE

Posted by serenity - 05 Aug 2016 20:33

Welcome to GYE!

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Re: GYE
Posted by Birshusi - 07 Aug 2016 21:00

Welcome!

Have you tried anything to help yourself stay clean?

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Re: GYE
Posted by Markz - 18 Aug 2016 03:46

Welcome

Have you read the handbook yet?

Hows your computer challenges today?

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Re: GYE
Posted by Markz - 22 Aug 2016 02:53

[360gye wrote on 04 Aug 2016 20:37:](#)

Hi everyone,

I just found out about GYE, and i am thrilled to help myslef, and other people guard our eyes. A little while ago i started having this problem, that whenever i am on a computer i find myself

going to certain sites to browse inappropriate things. Fortunately, i have some self-control and i do control myself sometimes, but it is not enough and i can use help.

360gye you are a strange guy asking people to email you their story and not sharing you own

I asked you on the previous post to please update us on your recovery, why do you not reply?

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Its one thing if you're like most of us that have a hard time opening up, but you repeatedly ask everyone else to open up to you, be decent

And then you give advice tonight on a different post - [here](#) - which is absolutely against Jewish tradition to encourage a non Jew to become Jewish

I need to ask you please to be more open about yourself and show your credentials before dispensing stuff out. As dov says, maybe you're busy porning and more and clicking away dishing out advice that no one needs

Please start recovery, which does include chizuk to others, but doesn't start there

Im an asprie, and I say it how it is. Please try change me ;-)

If something didn't make sense, please be open and frank with me too

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Re: GYE

Posted by Shlomo24 - 22 Aug 2016 03:37

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You're using that aspie thing to your advantage, honey

Re: GYE

Posted by 360gye - 22 Aug 2016 03:49

Hi Markz,

First off, i did not mean to offend you in any way by not repoding, and i am very sorry if i did(please forgive me). In response to your previous post, Yes i have read the handbook, and i must be honest that i do not understand the second question, the fault is mine for not asking you for clarification.

I am also sorry for giving advice to a non-Jew to become Jewishh, which you are 100% right that that's unconventional and against Jewish law. I must admit, sheepishly, that i was acting on impulse trying to help him out rather than thinking everything through to make sure it's 100% kosher. I apologize yet again for my misconduct and stupidity.

As far as my story goes, i said the bulk of it in my original post, but i will go in-depth as asked:

I am an orthodox Jew (FFB-Frum From Birth)and when i was in high school(16/17) i started having a problem with watching porn which lasted 2yrs. When i was 18 and on my way to Eretz Yisroel for the year i decided i'm going to stop inorder to get closer with Hashem. B"H i stayed clean for the year and the next 1.5yrs. when i was enrolled in a yeshiva-college inistitution. a few months ago this problem resurfaced and i found it was worse than before, I had masturbated a few times. Now i am 20 going on 21 in a few months and still struggle everytime i am on the computer to not look at porn.

please let me know if there's anything else you would want to know about me and my story, and once again, i apologize profusley for any and all misconduct i have shown.

Warning: Spoiler!

Warning: Spoiler!

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Re: GYE
Posted by Markz - 22 Aug 2016 03:58

I LIKE THIS 360 GUY

Sorry for being so blunt, it's just in my **gyenes**

Just be aware that sometimes helping others can be an impediment for self improvement.

Many of us, myself too, hesitated giving others input before we had our truck on smooth keel passing 90 days - each with his own devices

Keep on Trucking brother - you'll do well be"H

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Re: GYE
Posted by Shlomo24 - 22 Aug 2016 15:50

I reset your karma. I also agreed with Mark about offering your email. There's no need to apologize profusely though. It's ok. You're a good guy with a good heart. Mark knows it's not his forum, he was just being forward. This forum belongs to GYE and that's it. I would suggest maybe trying to get more into recovery before offering your email to everybody. I used to email people a lot, and this was before I was as far in recovery as I am now. I got burnt out because

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of it and I wasn't really a vessel to be helping others at that point. Granted, there is always value of connecting to another fellow, shared experience is a powerful thing. I would just want you to realize that you may be putting more on your plate that you can handle. One thing that I am learning in recovery is the value of myself. I am worth it. And that can mean stepping back and taking care of myself. Being selfish in a good way. Case in point, I relapsed a little over 3 months ago. I relapsed for a month straight and I was doing many dangerous and unhealthy things. I realized that I needed to focus on myself, so I took a break from GYE. But eventually I came to and I rejoined GYE.

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Re: GYE
Posted by 360gye - 22 Aug 2016 16:02

Thank you for the wise words of comfort shlomo24 and markz. I appreciate your guidance in this new area of my life. I will bli neder follow both of your words.

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Re: GYE
Posted by Markz - 22 Aug 2016 16:36

I tried to up your karma last night and accidentally hit the minus button and there's a bug in the system that did not allow me to do teshuva for 6 hours

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Re: GYE
Posted by 360gye - 09 Sep 2016 15:23

Hey guys,

I know it's been awhile and i'll try to post stuff more regularly.I heard the following story in a shiur from my rebbi today and found the punch line very relevant:R' Shach once told over that when he was young he used to smoke, and that ????? ??? for him would be a gemara and cigarette. However, at one doctor appointment the doctor told Rav Shach that smoking might be bad for his health. Right then and there Rav Shach crushed a pack of cigarettes and threw them out. Now(at time of story) he said he's 20yrs. no smoking. How is that possible? Rav Shach said a commitment is as strong as its initiation; if you come into a ????? while thinking it might not be

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possible then you'll fail, but if you come with a strong ???? and a good safe-gaurd then you'll be successful

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Re: GYE

Posted by Bigmoish - 09 Sep 2016 15:46

Guess I'm a lost case, then.

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