

introducing myself

Posted by ayidel - 05 Jan 2018 10:07

hi my name is ayidel i'm married for 10 years and have a couple of children i don't think i am an addict

but rather would have falls at more spread out times so it took me a while to figure out that i might need help

but i thank hashem i found this site signed on and ready to really hanker down thanks for everything

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Re: introducing myself

Posted by ieeyc - 22 Mar 2018 15:52

hi ayidel, mazal tov and hatzlacha, looking foward for you bringing that 90+ days of kedusha to the states,we could use it,dont mean to be repetitive but we will be looking to hear good news from you on your return ,you did it once bezras Hashem you can do it again,Hashem imcha

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Re: introducing myself

Posted by ayidel - 20 Apr 2018 08:24

sorry guys for letting you down had a fall on the way back and still trying to get up

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Re: introducing myself

Posted by Josephsbrother - 20 Apr 2018 09:50

Your up again, beauty is always around to lust after, yet we can see the other beautiful things and never lust after them, the sunrise, the sunset, the flower, the mountain, the lake, the humming bird, so may God give us the same mind set when we see a woman! Look for the other beautiful things that we do not lust after, and keep our minds there until the other beauty

passes. I have use this tool often, and it works for men, but I like using many tools, so I do not ever get bored.

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Re: introducing myself

Posted by Hashem Help Me - 20 Apr 2018 11:17

The days you stayed clean are proof that you can "do it". When we climb a mountain there are points where our path is blocked by pits and ditches. Of course we try to cross them without falling in, but sometimes we do. But even if we do, we are still up there on the slopes. We did not fall off the mountain. For some reason your trip here was one of those ditches. Of course if you plan on coming again we should try to plan on how to avoid whatever it is over here that destabilized you this time. But meanwhile, get back up, shake off the dust, and continue the journey that you know you can do. Hatzlocha buddy.

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Re: introducing myself

Posted by ayidel - 24 Apr 2018 14:15

Finally starting to dust myself off and getting around to living life

?since falling on my flight back i really took a dive as if to take advantage of the reprieve and stock up before my next journey i kept on falling for the next couple of days till now

Does anybody know where i can read the handbook without downloading it

Thanks for all those who have been here for me

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Re: introducing myself

Posted by ieeyc - 24 Apr 2018 17:39

welcome back a yidel, we missed you! i just recently resetted my count so now i have a chavrusa to go foward with ,Chazak vi"ematz!

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Re: introducing myself

Posted by ayidel - 29 Apr 2018 10:18

Still waiting for a reply as to how to read the handbook without downloading it anyone out there that can help will be greatly appreciated as i don't work from my computer and don't want the handbook to be around unnecessarily thanks

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Re: introducing myself

Posted by lionking - 29 Apr 2018 10:54

[ayidel wrote on 29 Apr 2018 10:18:](#)

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Here you go:

<https://guardyoureyes.com/the-gye-program>

<https://guardyoureyes.com/the-gye-program/initial-evaluation>

<https://guardyoureyes.com/the-gye-program/20-tools>

https://guardyoureyes.com/the-gye-program/20-tools?category_id=279&option=com_zoo&view=category

https://guardyoureyes.com/the-gye-program/20-tools?category_id=280&option=com_zoo&view=category

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Re: introducing myself

Posted by lifebound - 29 Apr 2018 14:32

[ayidel wrote on 29 Apr 2018 10:18:](#)

Still waiting for a reply as to how to read the handbook without downloading it anyone out there that can help will be greatly appreciated as i don't work from my computer and don't want the handbook to be around unnecessarily thanks

Here, I re-uploaded it to Google Drive:

drive.google.com/open?id=1qeplXnSXRylbyDzbW351LMRt-Wh9QJg7

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Re: introducing myself

Posted by lbelieve - 30 Apr 2018 06:01

Hi, my name is Shlomo. I've been struggling with watching porn/masterbating on and off for about 17 years. It's crazy to write that number and have it stare back at me. I never realized how much a part of my life this is. I am coming to terms with the fact that I won't be able to get out of this on my own. I am naturally impulsive and usually break any streaks that I have after about a month. I am very excited to join the community and look forward to growing with everyone.

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Re: introducing myself

Posted by lifebound - 30 Apr 2018 06:20

[lbelieve wrote on 30 Apr 2018 06:01:](#)

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Hi Shlomo, welcome. You've come to a great place.

Looks like you inadvertently posted your introduction on someone else's thread, if you want to start your own intro thread you can do that

here: guardyoureyes.com/forum/mytopics/newtopic/19-Introduce-Yourself

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