

beginer

Posted by micheal - 26 Jun 2020 02:34

hi.i am new to this site can anyone tell me a good place to sa start

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Re: beginer

Posted by growup - 26 Jun 2020 03:33

Well you already started:) your in a safe place - Just start typing your struggles and challenges and utopias and wins, and youll see how many people will be able to help

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Re: beginer

Posted by wilnevergiveup - 26 Jun 2020 06:46

Welcome! You came to the right place.

Come here often, update your 90 day chart, pay attention to the Cumulative Clean Days more then the 90 days goal to get an overall picture of how far you've come, and most of all know that you are not alone. We are all going through this and got your back. It's possible, many successful people here, you just got to keep working at it.

Post here about your journey, especially when feeling weak.

If you have patience to read, take a look at the GYE handbook, some really good stuff there. <https://guardyoureyes.com/ebooks/item/gye-handbook>

"The fight" by Rabbi Shafier, is also a great place to start (especially if you'd rather listen to a shiur then read...)

<https://gye.vids.io/tags/6c9cdbbb1ce9/rabbi-bentzion-shafier>

Hatzlachah! Looking forward to hearing from you.

All the best,

wilnevergiveup

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Re: beginner

Posted by micheal - 26 Jun 2020 10:22

thanks .

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Re: beginner

Posted by DavidT - 26 Jun 2020 13:15

[micheal wrote on 26 Jun 2020 02:34:](#)

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Welcome!

- **Start by setting a clear goal.** Is your goal now to break-free from pornography, masturbation or both? It's okay to focus on one goal at a time.
- **Next step is to get clarity on why you want to quit.** Write down your reasons. Be as specific as possible. Take a few moments to seriously consider how the behaviors you want to stop conflict with your values, or with the person you want to be. Reply to this email with the list of your reasons. We want to know what really brought you to our program and it's important for you to be clear on this as well. Wishing you the most amazing 90 days of your life!

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Re: beginner

Posted by battle-of-the-gen - 28 Jun 2020 04:10

Welcome! Firstly, no matter how what happens(how deep you think youre in), keep coming back. No matter what.

The whole site may seem a bit whelming at first, so much going on and so many diff terms, ideas, tools, and methods that are a bit confusing. My advice is either to read the GYE HB(willnevergiveup posted the link) or to chat/email with an experienced user(someone that have been here for many many years) and he'll ease you into it.

Hatzlacha!

PS My email is boftheg1@gmail.com if I can help in any way(Im not so experienced but I can point you in the right direction).

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Re: beginner

Posted by Captain - 28 Jun 2020 04:56

Try The Battle of the Generation (guardyoureyes.com/ebooks/item/the-battle-of-the-generation). It's an incredible book.

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Re: beginner

Posted by YeshivaGuy - 15 Jan 2021 02:19

Hows it goin buddy?

Cmon, come back and let's grow together!

We're one family!

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