

New to GYE

Posted by Benoni - 08 Feb 2021 07:11

So I finally did it. I finally took the initiative to quit my addiction for good. The truth is, I've known about this site for a few years, but I never actually signed up until now for two main reasons:

1. I was nervous to put myself out there bc I've never admitted any of this to anyone else before
2. I thought I could quit my addiction without the help of others (this was clearly not the case)

Basically, I've been struggling with shmiras einayim since around 13yo and with zera levatala since 15 (I'm now almost 19). Even though I grew up in a secular family, I somehow managed to avoid masturbation for a good while after I started to have urges. In fact, in the last year I hold my record for abstaining from acting out at over 100 days. However, this is really only bc I was living in close quarters with 8 other ppl and there was no privacy. I also struggle with an intense SSA, and this is likely the only place I will admit that bc it's something I will probably take to my grave. However the the primary reason I'm here is to overcome my internet addiction and procrastination habits. Since I started high school, I have fallen down a hole of bingeing Netflix, YouTube, playing games on my phone, etc. Basically anything to put off doing my real responsibilities. I think this actually goes hand in hand with shmiras einayim bc guarding your eyes should be about viewing anything that will cause one to be nichshal, even if it's not explicitly assur (e.g. bingeing an "appropriate" tv show). Not only that but I noticed the more I just stay in bed and am mevatel my zman on my phone watching shows or whatever, the more likely I will be motzi zera levatala because my self-discipline was not the strongest to begin with. Chasdei Hashem I found this community bc otherwise who I knows where I'd wind up! Now it seems like there's a ton of resources on here b"h but honestly I have no clue where to start. Any eitzos?

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Re: New to GYE

Posted by EvedHashem1836 - 08 Feb 2021 11:03

Welcome to GYE!

B'ezras Hashem you will have much success on your journey

See my PM

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Re: New to GYE

Posted by Hy - 08 Feb 2021 11:38

Hi Benoni,

Welcome!!!

I joined a little while ago but only recently started posting and putting myself out there.

I can tell you that being active on the forums has made a huge difference in my motivation and resolve.

It also makes me update my count which also helps keep me on track!

Wishing you much hatzlocha!

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Re: New to GYE

Posted by anothershot - 08 Feb 2021 13:35

Welcome to the brotherhood Benoni!

That 1st step is sooo hard but you got past it! With the proper resolve anything is possible you can will overcome this!

Stick around and you will learn some great tips and accomplish things you never thought possible!

Hatzlacha!

Anothershot

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Re: New to GYE

Posted by Captain - 08 Feb 2021 14:06

Hi Beinoni! Welcome! It's so good to "meet" you! Welcome to the GYE community!

Start by looking around on the forums, reading stories and tips, etc.

Also, please check out these great free resources:

Great book (ebook) for breaking free: The Battle of the
Generation <https://guardyoureyes.com/ebooks/item/the-battle-of-the-generation>.

Rabbi Shafier's incredible lectures on breaking free: The Fight. Download here:
theshmuz.com/series/the-fight/

Also, you can sign up for the daily GYE Boost emails/ whatsapps at www.gyeboost.org.

Looking forward to hearing more about your successes!

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Re: New to GYE

Posted by DavidT - 08 Feb 2021 14:18

[Benoni wrote on 08 Feb 2021 07:11:](#)

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Welcome Benoni!

?You're story is amazing! A person with such a background and still have such a strong resolve... I bow my head to you in respect.

Reb Nachman of breslev teaches that all eitzos need another eitzo on top of them, which is PRAYER! Pray to Hashem and he WILL help!

On a more practical level, being strongly in touch with others in this great community has helped many many people to gain new perspectives in life and grow together.

Keep on posting and keep strong!

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