

Hi. New here.Will this program help me?

Posted by guardyouriz - 01 May 2024 20:09

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Hi. New here.Will this program help me? Has it helped anyone? or has it just made it easier for a frum shomer Torah uMitzvos man to deal with his unmanagable guilt feelings that a frum yid experiences when he sees that he is nichshol in viewing terrible things (or for those who have acted out on serious aveiros)to deal with terrible guilt. and to keep on trucking with their Torah and Mitzvos and help struggle with the negative feelings that prevent him from living a productive family,social and Torah life,and continue nurturing his relationship with Hashem even though he has fallen . Im not looking for perfection ,but id like to know if i can hope to be clean not only of porn and masturbation, but also to be pure of viewing women for pleasure as well as well as fantasizing erotic thoughts. are there any sucessful members here who have reached that goal?

Thank you and hatzlacha.

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Re: Hi. New here.Will this program help me?

Posted by Shmuel - 02 May 2024 13:02

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[guardyouriz wrote on 02 May 2024 12:58:](#)

[chaimoigen wrote on 02 May 2024 04:05:](#)

You signed up today. And yet you seem to think you already have a comprehensive enough picture to be critically questioning the very premise of GYE actually helping, and wondering if it's perhaps just a way for people to assuage their feelings while "keeping trucking", etc.

im sorry if i sounded negative in my post .gye is doing great things .i will never deny that ! i wouldnt consider myself knowledgeable on anything . im just basing my opinion on what i have read on all the gye content thats available before signing up.if there is any problem here, the problem is with me ,not gye!

working alone in this battle is very lonely and id like to join the gye community but i feel guilty

joining gye if im not planning im going for the full gye package thats all . as i explained im not into alot of gye programs due to many circumstances in my life and nature as i explained in my first post.

as davidt said there are alot of ways to deal with this battle, if the shoe fits,wear it .

happy trucking!

What is the "full GYE package"?

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Re: Hi. New here.Will this program help me?

Posted by guardyouriz - 02 May 2024 13:09

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[chaimoigen wrote on 02 May 2024 04:05:](#)

Hi.

Sorry, I usually jump in with warm encouragement. But something doesn't add up. You signed up today. And yet you seem to think you already have a comprehensive enough picture to be critically questioning the very premise of GYE actually helping, and wondering if it's perhaps just a way for people to assuage their feelings while "keeping trucking", etc. And that people will criticise you for using different methods than those used here. How do you know so much about GYE in your very first post? Why the implied bitterness about us?

Like Vehkam said, every positive step forwards in Kedusha is an accomplishment that lasts for eternity. There are folks here struggling to break free of the worst addictions, and fellows here for Chizzuk in growing further in significant Madreigos in Kedusha. Any plenty of folks in between. I'm sure there's a place for you to find friends and inspiration, and even to grow. The sky is the limit to the growth here, you'll see If you read some threads. This is a ladder that reaches the heavens. There are some true Tzaddikim here.

And if, by some chance, you've been here before, (or if not), and if this hallowed place is not for you, that's is fine too. -For then I will wish you only fair winds and following seas to wherever your voyage may lead you.

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include shmiras einayim in the street and fantasizing? Yes. Is shmiras einayim (as opposed to the more limited categories of porn and masturbation) a lifetime work that there is always something to improve on? I think so, see famous story of R' Elya Lopian.

Will I be clean forever? Don't know and that's a counterproductive question.

Does anyone care here if you use specific GYE programs and tools? No, whatever works for you. That being said, the tools suggested here are battle tested. The "traditional tools" of torah tefillah and mussar are not things people here will look down on ch"v. However, I think most people here have spent incredible amounts of time and energy on just those things without seeing success. GYE provides additional tools that work in conjunction with any other tool, including copious amounts of torah tefillah and mussar. (One caveat. Mussar specifically is sometimes learnt in a counterproductive way, so if you've been beating yourself up with some visions of Hell from whichever mussar sefer, you will not find that style of mussar recommended here.)

Read around. You'll see stories of people who pulled off mamash what R' Elazar ben Durdaya did. It's possible but takes endless work.

If I may push back. A lot of negativity and criticism of GYE comes from people who are scared it may work. Deep down they don't want to give up that sweet porn they love so much. (I know I had that reaction when I began). So question away - this is not a cult and all sorts of questions, attitudes, and beliefs are welcome. But check yourself where the doubts are coming from.

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Re: Hi. New here. Will this program help me?  
Posted by yitzchokm - 02 May 2024 14:07

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One of the official rules set by GYE is that it is forbidden to say about a tool that someone else finds useful that it doesn't work. If you have tools that work for you then by all means go with them. If you see yourself going around in circles without breaking free for a longer period of time then it will probably be time to do the Flight to Freedom program. The book The Battle of the Generation is based on advanced Torah thoughts that are very helpful and you might find it interesting and useful. If your tools work well without it then I guess you will break free without the book. Either way, keep on posting and sharing as there is a lot to gain from being part of this wonderful community. If you want to fine tune any tools you are using you can always share

them with us.

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Re: Hi. New here.Will this program help me?

Posted by guardyouriz - 02 May 2024 14:11

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[wow! wrote on 02 May 2024 13:33:](#)

[guardyouriz wrote on 01 May 2024 20:09:](#)

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Thank you and hatzlacha.

Wow way to stir the pot and get a good conversation going with a first post. Shkoyach!

In my experience, I had no consistent success in being clean without GYE, and have been having much more consistent success with GYE. Am I clean now? Yes, today. Does clean include shmiras einayim in the street and fantasizing? Yes. Is shmiras einayim (as opposed to the more limited categories of porn and masturbation) a lifetime work that there is always something to improve on? I think so, see famous story of R' Elya Lopian.

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wow! thank you for your open minded and encouraging post!

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Re: Hi. New here.Will this program help me?  
Posted by chaimoigen - 02 May 2024 21:08

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[guardyouriz wrote on 02 May 2024 12:58:](#)

[chaimoigen wrote on 02 May 2024 04:05:](#)

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as davidt said there are alot of ways to deal with this battle, if the shoe fits,wear it .

happy trucking!

I apologize for perhaps being overly critical, I'm sorry.

Here is a warm hand and a warm welcome!

Whatever works for you, and one step at a time is really the only rule here. The camaraderie, and the sharing, the friendships are a complete game-changer. More importantly, there is tremendous **growth** in walking this road with experienced friends and mentors. It's hard to find any setting where people can be open and share their experiences in this battle, and here, in this special place, we can learn, cry, groan, laugh, and grow together.

Take it easy, and one step at a time.

Again, this is a ladder that leads all the way to the heavens, one rung at a time. Because breaking free of porn and masturbation and other forms of Schmutz is just one step. Guard You **Eyes** is also about learning to become free of lusting, about learning to have a healthy marriage, about how to think about life, honestly, this is all another frontier. And we talk about how we really want to unwind and relax, what **living** ought to be about. About how to go on Chol Hamoed trips, or how to travel safely, all these topics and more are discussed at length by the **growing, striving, special, real and sometimes vulnerable people who share pieces of their rare Neshamos in this safe and holy place.**

Sorry again that I jumped down your throat. I love this place, that's all.

Looking forward to getting to know you better.

LChayim,

Chaim Oigen

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Re: Hi. New here.Will this program help me?  
Posted by eerie - 02 May 2024 23:16

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Welcome, GYI!!!

If I may make a presumptuous challenge. How about get in touch with Reb CO, and find out more?

I'm here a little while, I never saw anyone suggest that if you don't do things the GYE way you're out. Do what works for you. If it stops working, give us a ring:) There's lots to learn here, so check it out, and let us know if you have learned anything new

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Re: Hi. New here.Will this program help me?  
Posted by yitzchokm - 07 May 2024 21:47

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How are you doing, buddy?

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Re: Hi. New here.Will this program help me?  
Posted by guardyouriz - 08 May 2024 14:22

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good morning everyone. if someone could help me with an issue that i am having ,i would appreciate it. when i first heard of the comparison of porn to drugs. i got scared and said ,ive got to stop this! so dangerous.but thinking into the matter .probably its the YH whispering into my ears these ideas.

comon. is someone really going to die CV from porn overdose ?of course it affects ones life , but so does binging on chocolate. chocolate might even be more dangerous for those whose sugar levels are getting unhealthy high.

i know porn affects relationships with Hashem, wife ,children .etc but so does watching funny



clean video clips . can someone set me straight? in other words...HELP?!

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Re: Hi. New here.Will this program help me?  
Posted by chooseurname - 08 May 2024 14:44

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I don't really understand the question. You want to be more scared or less scared of porn?

Chocolate and funny clean video clips do not involve the chamur issurim porn does. But ignoring that aspect, if you look around, there's research on the addictiveness of porn. Look at your own life. Are you displaying [signs off addiction](#) from porn use? Have you ever experienced something like that from chocolate??

Can you "overdose" on porn? Yes. But unlike heroin it won't stop you breathing. But likely it'll affect your ability to get and maintain an erection, ability to relate properly to your wife and children (and if funny videos are doing the same then you might just have an internet addiction as well), and ability to function.

If you want to read a thread that will shock you, and maybe bring home how destructive this can be, check out [this one](#). Chocolate and funny videos won't do that to your life.

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Re: Hi. New here.Will this program help me?  
Posted by yitzchokm - 08 May 2024 15:22

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In the thread you linked I am more shocked that he decided to give up on being sober than that he got divorced. Really sad.

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Re: Hi. New here.Will this program help me?  
Posted by guardyouriz - 08 May 2024 16:17

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does anyone know where i can find the list of kosher websites here on gye? ty

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Re: Hi. New here.Will this program help me?  
Posted by guardyouriz - 08 May 2024 16:31

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[guardyouriz wrote on 08 May 2024 16:17:](#)

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or does antone know of kosher entertainment websites for a bored guy

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Re: Hi. New here.Will this program help me?  
Posted by guardyouriz - 08 May 2024 18:04

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[guardyouriz wrote on 08 May 2024 16:31:](#)

[guardyouriz wrote on 08 May 2024 16:17:](#)

does anyone know where i can find the list of kosher websites here on gye? ty

or does antone know of kosher entertainment websites for a bored guy

ok youtube, here i come !

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