

New here but not really

Posted by adkahn - 09 Jun 2025 06:54

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Hi everyone,

I'm new to posting here, though I've had a GuardYourEyes account for a while. For a long time, I just didn't take any real steps toward change. I guess I wasn't ready to face this fully—or I just kept hoping it would go away on its own. But it hasn't. And now I'm here because I know I can't do this alone.

I'm not sober yet. I'm married, with beautiful kids, a good job, a home—on the outside, it might look like everything's fine. But inside, I know I'm not where I want to be, not where I need to be.

Back in 2022, I gave recovery a serious try. I joined SA, worked the 12 steps, and for six months, I really tasted what freedom could look like. I felt connected to Hashem, to myself, and to the values I truly care about. Life had meaning, and I felt alive again.

But slowly, stress crept back in. Life got hectic. Work pressures, family responsibilities, emotional ups and downs—it all added up. And I started to feel the pull of the old escape. The yetzer hara whispered, "Remember how easy it was to disconnect? How good it felt, just for a moment?"

And I gave in.

It happened while traveling for work. I was away from home, away from structure, away from accountability. And in that moment, I fell—hard. And once I was in that hole again, I stayed there.

But even in the fall, I never lost the yearning to come back. I miss that feeling of kedusha, of being clean, of being real. I know the yetzer hara is strong—but I know I'm stronger with help. And that's why I'm here.

I'm asking for support. For guidance. For chizuk. I want to return. I want to rebuild. I want to be a true eved Hashem, to live with integrity, to be the husband and father my family deserves.

Please keep me in mind. I'm ready to take the next steps—I just can't do it alone.

Thank you for reading. Just writing this was hard, but I know it's a step in the right direction.

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Re: New here but not really

Posted by eerie - 09 Jun 2025 16:38

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Welcome to the most amazing family in the world!

My dear brother, none of us here can do it alone. I need you just like you need me. We are here to support each other, to listen, to care about each other, to offer what we can for each other

Brother, stick around, ask, share, read, and above all, connect with the chevra.

You can do it!!!!

Looking forward to hearing from you

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Re: New here but not really

Posted by proudyungerman - 09 Jun 2025 18:09

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Although you may already be familiar with the GYE family, I'd like to welcome you again!

Welcome to the warmest family in the world!

Here you will find true care, concern, and warmth.

Here you will learn that you CAN break free!

As you may know, there are many tools here to help you in this fight, some of them you may not be familiar with.

There is the F2F Program, the [Vaad Program](#)\* (click [here](#) for an explanation of what the vaad is), and the book [The Battle of the Generation](#) - many have found this very helpful in reframin' the struggle, as you mentioned.

Posting is a great way to connect, learn, and grow also.

(The [Hall of Fame Thread](#) is an awesome compilation of some the great threads on GYE.)

There is also an extremely powerful tool of accountability, friends, and mentors, as has been mentioned, that has helped hundreds - myself included.

HHM - Hashem Help Me - is the mentor-in-chief around here. He's reachable at [michelgelner@gmail.com](mailto:michelgelner@gmail.com).

Some of the other great guys here are Eerie - [1gimpelovitz@gmail.com](mailto:1gimpelovitz@gmail.com), Muttel - [muttel15@gmail.com](mailto:muttel15@gmail.com), Reb Akiva - [mevakesh247@gmail.com](mailto:mevakesh247@gmail.com) iwantlife - [iwantlifegye@proton.me](mailto:iwantlifegye@proton.me) minhamayim - [minhamayim1@gmail.com](mailto:minhamayim1@gmail.com) amevakesh - [amevakesh23@gmail.com](mailto:amevakesh23@gmail.com)

Many of these tools can effect real, internal, lasting change. If the work is put in, and the vigilance is kept up you can WILL become a different man.

Keep postin', you'll see, the oilam is here for you.

Lookin' forward to seeing great things from you!

And don't forget, as always, KOMT!!

**\*NEW VAAD STARTING SOON! NEVER TOO LATE TO JOIN! (PSST...YOU CAN EVEN JOIN A VAAD THAT ALREADY STARTED...SHHH) JUST HIT THAT LINK TO SIGN UP!**

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Re: New here but not really  
Posted by someone123 - 09 Jun 2025 20:26

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Welcome!

Wow! You already went six months clean! That's a ton! It means you know you're able to be clean.

You also already know to point out that your fall was because of being in an enviroment without structure. That's already a giant step in the right direction, knowing what can cause our falls in the future.

I'm also new here and hopefully B"H the community here is one of the final steps we need to make the final leap towards freedom!

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