

i too just realized that i am an addict, need help

Posted by hopefull - 14 Mar 2010 01:45

im finally sharing and speaking about it. my worst fear is, can i really stop, can i be a happy person again? will i always be haunted by it? is there real help out there? does GUE help?

Im willing to fight but i need to know if its worth it or not.

I want this to be a thing of my past. or better yet i want to forget that it was a thing of the past. I realise after 10 years of trying that i can't go at it alone. so, here i am hoping to put the worst behind me.

hopefull

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Re: i too just realized that i am an addict, need help

Posted by zalmandovid - 14 Mar 2010 01:53

Welcome Hopeful!

You are on the right track,GYE is the cure my friend. And YES it is possible to stop. There are many testimonials on this site of people who suffered from this addiction for years and overcame it. The moderator of this forum (his name is "Guard") will be here soon to officially introduce you.

Coming here is one of the best decisions you have ever made. You won't regret it.

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Re: i too just realized that i am an addict, need help

Posted by hopefull - 14 Mar 2010 01:55

thanks

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Re: i too just realized that i am an addict, need help
Posted by Tev - 14 Mar 2010 03:46

HOPEFUL!

Welcome . You have taken one the most difficult steps, already... Publicly admitting the problem.

This site has saved and will save hundreds of Jews like yourself. Tell us a little about yourself (married/single etc)

You must remember that you WILL succeed. It may be a difficult up and down battle , but you must always have in mind you can and will succeed, and the proof is from so many success stories on this site!

Much Hatzlocha

Bestrong88

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Re: i too just realized that i am an addict, need help
Posted by Chazak Amenu - 14 Mar 2010 04:33

Hello just telling people your story will help it has helped me more than i can ever imagine post as much as you can reply to others ask question do as much as you can you will succeed even if you fall a few time you will always get back up and stronger!

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Re: i too just realized that i am an addict, need help
Posted by the.guard - 14 Mar 2010 14:59

Dear Hopefull,

I am the admin of this forum. Welcome to our community! Once you've arrived, there's no turning back. Everyone here will just grab a hold of you and pull you up, up, up!

Like you said, we can't do it alone. And yes, you have come to the right place and now have real HOPE to recover :D

Scientific studies have shown that it takes 90 days to change a neural thought pattern that was ingrained in the brain through addictive behaviors. Did you join the [90 day chart](#) on-line? Sign up [over here](#)...

Make sure to install a strong filter. It will be almost impossible to break free of this while having all the garbage within a mouse click away. See [this page](#) for one good filter option, along with instructions on how to install it best - and give away the password to our "filter Gabai"... See [this page](#) for another 20 (or so) filter ideas and information...

And that is why we created the GYE handbooks (links below). If you read them well, from beginning to end, slowly, and try to implement what you read, you will find the answers within them to enable you to completely turn your life around. **You're worth it.**

Also, join the [daily Chizuk e-mail lists](#) to get fresh chizuk every day, and post away on this forum. You will get tons of daily Chizuk and support. This disease can't be beat alone. It works best when you get out of isolation!

GuardYourEyes also offers various free anonymous phone conferences, where you can join a group of other from Yidden, along with an experienced sponsor. See [this page](#) for four different options. Our conferences are taking place daily, throughout the week... This would be a tremendous step in the right direction for you and help you learn freedom from this addiction. Not only will you learn the secret of the 12-Steps - which is known to be the world's most powerful program for beating addiction having helped millions world wide, but joining the group will be another way of GETTING OUT OF ISOLATION and connecting with others who are going through what you are.

Let me tell you a little about the two GuardYourEyes handbooks. They lay down the cornerstone and foundation of our work, and they make our network much more effective and helpful for people.

You see, until now, people would often get "lost" when coming to our website, not knowing what tips and techniques to try. For example, a beginner wouldn't jump straight into therapy or 12-Step groups, while on the other hand, someone whose addiction was more advanced wouldn't be helped by the standard tips of "making fences" putting in "filters" etc... So it was essential to develop a handbook which details all the techniques and tools to dealing with this addiction in progressive order. Now with these handbooks, anyone can read through and see what steps they've tried already, and if those steps haven't worked, they can continue on through the handbook where the steps become progressively more powerful and "addiction-oriented".

And the second handbook, called the "Attitude" handbook, can also help anyone, no matter what level of addiction they may have. Often people write in to us saying that had they only known the proper outlook & attitude that we try and share on the GuardYourEyes network when they were younger, they would have never fallen into an addiction in the first place! So we hope that through this handbook, many addictions will be prevented.

The handbooks are PDF files, set up as eBooks, and they have bookmarks and hyper-links in the Index, to make them easy to navigate.

Note: You might want to print them out to read away from the computer. Keep in mind though, that if you do this, you won't be able to click on the many web links in the articles. But you can always come back to them later. The truth is, it's anyway good to go through the whole handbook once without clicking on links, just to get an overview of all the tools available. Once you did that, you can start again from tool #1 and read each tool through more carefully, click the links and study each technique and assess whether you have tried it fully yet or not...

Right click on the links below and select "Save Link/Target As" to download the handbooks to your computer.

1) [The GuardYourEyes Handbook](#)

This Handbook details 18 suggested tools and techniques, in progressive order, beginning with the most basic and fundamental approaches to dealing with this addiction, and continuing down through increasingly earnest and powerful methods. For the first time, we can gauge our level of addiction and find the appropriate tools for our particular situation. And no matter what level our addiction may have advanced to, we will be able to find the right tools to break free in this handbook!

2) [The GuardYourEyes Attitude](#)

The Attitude Handbook details 30 basic principles to help us maintain the proper attitude and perspective on this struggle. Here are some examples: Understanding what we are up against, what it is that Hashem wants from us, how we can use this struggle for tremendous growth, how we can deal with bad thoughts, discovering how to redirect the power of our souls, understanding that every little bit counts, learning how to bounce back up after a fall, and so on and so forth...

May Hashem be with you!

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Re: i too just realized that i am an addict, need help
Posted by Sturggle - 15 Mar 2010 07:47

Hopefull, WELCOME!

Looking forward to hearing more from you.

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Welcome, Reb Hopefull!

) helped me accomplish more than I ever thought possible. And workign on this issue is always worth it. There is light at the end of the tunnel, but one thing that you need to realize is that all the effort you put in is never wasted. Today is a new day, and one day at a time, you can be clean forever!

Great to have you here, joining us!

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Everyone needs to take their own path, but I know that for my, GYE (or GUE