

Shalom

Posted by Yehuda0612 - 22 Mar 2010 03:10

Hello everybody,

I've been keeping up with GYE for about a year now and I've decided it's time for me to join the forum.

I have lots of problems with Shmiras Anayim, and I know I want to change.

Recently I found myself at an all time low. I've been at times like this before and felt a little I'll say stupid to then Daven Shmonei Esrie, Davening to Hashem, the one who knows everything about me, and trying to talk to him. Today something happened which made me decide it was time to do something about my problems.

But than I started having second thoughts.

I thought "What's the point anyways? I'm just going to slip anytime soon anyways. And I should try to talk to Hashem. Will my t'fellos really be sincere. It'll just be a joke."

Than I thought something which I had never thought before

"Hashem's Hashem. He's the all powerful ruler of the world. If He wanted to he would have struck me down with lightning a long time ago. There must be some reason He hasn't done anything horrible to me (Chas v'shalom) yet. Obviously He wants my T'fillos wheather or not I'm sincere. Of course being sincere in T'filla is a plus factor, but in the end I relized all Hashem is asking from us is to turn to Him in our times of need.

There's no catch.

Plain and simple, Hashem wants our T'fillos.

I really hope to continue posting on the forum, and I hope to be involved with the community in a positive way.

I would love to hear what anyone has to say about this.

Thanks for listening.

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Re: Shalom

Posted by trying123 - 22 Mar 2010 03:15

Welcome...

Join the club... Keep on posting... And yes we would've all been struck by lightning if there was no hope...

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Re: Shalom

Posted by bardichev - 22 Mar 2010 03:35

WELCOME ABOARD

HERE IS A WELCOME KIT

(YOU WILL GET THE OFFICAL WELCOM EFROM GUARD AS SOON AS THE SUN RISES
ONER THE JUDEAN MOUNTAINS)

HI IM BARDS

I LIVE MY MR CREED

KEEP ON TRUCKING

A LITTLE BIT OF HAPPINESS BANISHES AWAY LOTSA LOTSA AWFUL UGLE
DEPRESSION STUFF

SO DRINK LCHAIM (WOODFORD IS THE CHOICE ,TILL PESACH)

WELCOME ABOARD

BARDS

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Re: Shalom

Posted by the.guard - 22 Mar 2010 11:28

Dear Yehuda,

I am the admin of this forum. Welcome to our community!

You are right, every teffila and every little bit we try in the right direction is so precious and adds up slowly to a HUGE pile of gold spiritual coins that will help you change completely!

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 frum 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.

On GYE you will learn how to "hit bottom while still on top". Don't wait for the addiction to destroy your life. To explain better what I mean, I just set up [this page](#) - specially for you - to
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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 convince you to take recovery seriously! (hope it helps
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: Shalom

Posted by beinhazmanim - 22 Mar 2010 11:54

[Yehuda0612 wrote on 22 Mar 2010 03:10:](#)

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That rings verytrue with me. I recognise that thought pattern well.

When I was bothered by that question, a slightly different idea struck me, that might also be relevant:

It's not hypocritical to pray, even after falling. There's not a single person who doesn't fall in something or other, by mistake or on purpose. For me, it's one thing; for someone else it will be something else. All God wants from each of us is to improve in our particular battle.

I know my battle has become easier thanks to this forum; I pray yours will too!

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Re: Shalom

Posted by silentbattle - 22 Mar 2010 15:30

Welcome!

I should add that your tefillos ARE sincere - you truly don't want to fall! So daven to hashem to help you.

Great to have you here with us - we're all here for you!

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