

I am grateful to find GYE

Posted by hoping4change - 25 Mar 2010 10:06

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Like many, I go through periods of doing well and failing to live up to my aspirations of conquering my yetzer hara. For a while I was doing a good job of staying focused on Torah and mitzvot - but something snapped and about a week ago I fell (I am beginning to learn this cycle is part of the addiction). I usually read VoslzNeias in the morning, and a couple of days ago Hashem sent me this site. Right there in front of my eyes was the ad for Guard Your Eyes. I knew it was a message for me and I clicked and joined.

I've spent time since then reading some of the material, and hope with help from this group I can do a better job with my yetzer hara.

Seven years ago I was secular - five years ago I began keeping mitzvot - today I am more committed than ever to Torah and mitzvot but still have to struggle with lust.

Maybe joining just as Pesach is approaching is a good thing despite all the work to do getting ready. I am certainly a slave desperately in need of liberation from lust to serve Hashem without feeling I am wrapped in so much impurity.

May we all have a kosher and joyful Pesach.

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Re: I am grateful to find GYE

Posted by Noorah BAmram - 25 Mar 2010 15:21

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Fiery welcome dearest brother,

the mere fact that you joined and became a member of the "Fighters of Israel", with that alone **the war is won!!!**

with the utmost respect to fellow warrior  
from here onward its just one little day at a time

Noorah

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Re: I am grateful to find GYE  
Posted by the.guard - 25 Mar 2010 22:03

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Dear hoping4change,

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

Perfect timing, finding us just as we are about to embark on our journey from Mitzrayim to freedom - to serve Hashem.

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.

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 am grateful to find GYE  
Posted by hoping4change - 26 Mar 2010 01:31

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Thanks GUE - I have signed up for the emails and have gone through the first 3-4 sections of the handbook. This site has already helped me. I thought I could not sign up on the 90-day board until I had three clean days, and was going to try to reach that goal and B"H get going on 90 during Pesach, but I have read more than once to not focus on anything but today, not yesterday or tomorrow, so for now, I want to get through one clean day.

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Re: I am grateful to find GYE  
Posted by Holy Yid - 26 Mar 2010 05:03

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WELCOME BROTHER! I might check back and welcome you tomorrow. LOL

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Re: I am grateful to find GYE  
Posted by silentbattle - 29 Mar 2010 15:18

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Welcome!

Freedom is within your reach - remember that, and don't let it slip away. Before I found this site I never imagined that I could be truly free from this, but I've been succeeding (with hashem's help) beyond my wildest dreams!

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Re: I am grateful to find GYE  
Posted by DovInIsrael - 31 Mar 2010 20:01

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welcome!

glad you found us.

this is such an opportune time to join the group.

the counting the s'phera is a time to do a tikkun on the pegam of the brit.

and the "49" days share the same gematria of Lev Tov

buckle your seat belt - and enjoy the journey.

dov in israel

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