

introducing myself!

Posted by frenchjew - 10 Jun 2010 21:19

hey all,

just a quick word to say hi and how great this site is - b'h it will help us all join the right derech in life, and rid us of this terrible addiction that is unfortunately so ingrained into todays society.

im just a normal 18 year old guy, who since learning about the seriousness of not being 'shomer habrit', has tried (for almost a year now) to stop completely- however im finding it difficult. please be patient, understanding and encouraging, and i will certainly do my best to help people in a similar situation as me

i look forward to speaking to you soon,

all the best,

Danny

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Re: introducing myself!

Posted by Eye.nonymous - 10 Jun 2010 21:41

Welcome to the site. I really appreciate your enthusiasm here.

On this site you ought to find the tools you need to gain freedom from this addiction.

The better you describe your situation and the challenges you are struggling with, the better everyone here will be able to help you along.

Hatzlacha,

--Eye.

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Re: introducing myself!

Posted by jamies - 10 Jun 2010 21:41

WELCOME MATE!!!

your in good hands now and were go together on the path the freedom!!

so happy you joined!

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Re: introducing myself!

Posted by the.guard - 10 Jun 2010 22:19

Dear Danny,

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

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!

We get cries for help every day, by e-mail and on the forum. *Tzuras Rabim Chatzi Nechama*

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.

One of our goals on GYE is to help people "hit bottom while still on top" so they will take recovery seriously. To explain better what I mean, please see [this page](#). If you're here, it means you're already taking serious steps in recovery, so keep up the good work!

Let me tell you a little about the two GuardYourEyes handbooks. They lay down the cornerstone of all our work at GuardYourEyes. Before the GYE handbook people would often get "lost" when coming to our website, not knowing what tips and techniques to try. For example, someone with a low level addiction wouldn't jump straight into therapy or 12-Step groups, while someone whose addiction was more advanced wouldn't be helped by the standard tips of "making fences", putting in filters etc... For the first time ever, this handbook details all the techniques and tools dealing with this addiction in progressive order. Now, anyone can read it through and see what steps they've tried already, and if those steps haven't worked, they can continue on through the handbook to the next tools, as the suggestions become progressively more "addiction-oriented".

We suggest printing out the handbooks and reading it them at least once. Then, we suggest going back and reading them again slowly on the computer, and this time pressing on the many links that are found in the different articles.

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.

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: introducing myself!

Posted by Chazak Amenu - 10 Jun 2010 22:29

Hello! You came to the right place! post post post and post! get to know people and just read a lot and...guess what? post a lot! looking forward to seeing you around!

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Re: introducing myself!

Posted by teshuvahilaah - 10 Jun 2010 23:49

Danny, welcome. Glad you made it. You're in the right place. There are many tools here which can help you to live a new life. Take advantage of it. There is a handbook in particular, on "attitude", which helped me out immensely. I highly recommend it. Hatzlocha rabbah... you are going to make it.

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Re: introducing myself!

Posted by zalmandovid - 11 Jun 2010 04:03

Welcome Danny!

If you are looking for a place to help you quit this thing you have come to the right place. GYE is a family of brothers here to encourage one another and give practical useful advice. Get ready for a life-changing journey into the rest of your life.

Regards,

Zalmandovid

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Re: introducing myself!

Posted by Dov - 11 Jun 2010 04:38

Hi Danny, and welcome to this 'band of brothers'!

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Re: introducing myself!

Posted by frenchjew - 11 Jun 2010 16:51

thanks all!!

keep up the support - youre all amazing!!

shabbat shalom

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Re: introducing myself!

Posted by jamies - 22 Jun 2010 11:01

mate if you get to 40 days im gunna bake you a cake (or buy one from grods or something)
syaing congrats on 40 days shimras habris!

bli neder

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Re: introducing myself!

Posted by frenchjew - 24 Jun 2010 09:27

thanks jamie,

but i dont want a bought cake, you have to make it yourself.... it would be more of a laugh!

i look forward....

x

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Re: introducing myself!

Posted by jamies - 24 Jun 2010 10:02

fine but ull be the one eating it...

how u feeling today?

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Re: introducing myself!

Posted by frenchjew - 24 Jun 2010 20:00

i trust you!

im sure itll be lovely!!

yeah today was really easy thank g-d coz i went to library to work the whole day....

you?

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Re: introducing myself!

Posted by jamies - 24 Jun 2010 20:24

lets just say im not paying you ?100!!

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Re: introducing myself!

Posted by frenchjew - 03 Jul 2010 23:31

mate either neither of pay or youre paying me - no way im paying you!!

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