

Welcome me - Michael

Posted by michael - 06 Aug 2010 13:26

Hello, been struggling all my life, working the program for 6 years, and took a break - now I need you all.

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Re: Welcome me - Michael

Posted by ur-a-jew - 06 Aug 2010 14:01

Welcome, Michael. You've come to right place. Since you've been working the program for 6 years already you'll be able to jump right in. Make sure to take full advantage of everything the site has to offer, including the forums, the handbooks, the daily chizuk emails, virtual meetings and the 90 day chart. Best of all a network of individuals all going through the same things you're going through, full of love, understanding and a desire to help one another. Hatzlacha Rabba and keep in touch.

P.S. You may want to give a little more detail regarding your background and struggles. There's no shame. Poke around a little and you'll see everyone in one way or another has been there, done that.

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Re: Welcome me - Michael

Posted by silentbattle - 08 Aug 2010 17:38

Dear Reb Michael,

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!

Wow - 6 years? Sounds like you probably have a lot you can help all of us with! What made you "take a break," and can I ask what you mean by that?

You've taken a HUGE step by joining here, nad hopefully you're on the road of finally being free and happy!

I'll follow this post with a welcome package that will hopefully help you get used to this site...

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Re: Welcome me - Michael

Posted by silentbattle - 08 Aug 2010 17:38

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.

Before the 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".

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: Welcome me - Michael
Posted by Holy Yid - 09 Aug 2010 01:30

Welcome, we are here to help. Please tell us a little more, it will help you.

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Re: Welcome me - Michael
Posted by Kollel Guy - 12 Aug 2010 22:18

Shalom aleichem!

Welcome to our community, I hope you find what you are looking for, are successful at your goals, and become the Yid you want to be - through the advantage of working at bettering

yourself with this group.

Feel free to tell us more about yourself, I think the first surprise you'll experience is the realization of how many other Jews there are out there just like you, who can help and guide you, and who you can help and guide.

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