

Hi

Posted by john.watson4181 - 23 Oct 2010 04:08

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Hi everybody,

I'm new here and hope you could help me or at least talk to me to exchange ideas.

I've been slave to porn and masturbation for the last 10 years. I finally realized how empty is my life with porn and I really want to change and be free.

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Re: Hi

Posted by jewinpain - 24 Oct 2010 01:52

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Hi john, ur showing up here with a strong will to stop is already a step in the right direction

1st make urself comfortable here, feel free to browse other people's journey's, post away, make ur thread ur little home, we are all here for the same reason, cuz we wana stop this filth & get closer to hashem, 1 very crucial thing in recovery is a good filter installed on ur computer & the password give away. There is no way u can beat the YH when u have the worlds filth a finger click away

# 2 is sign up for the 90 day chart & go slowly , although the ultimate goal is to reach 90 , it can only be achieved if u go a day by day, (we call it here "Trucking") & never stop urself from starting again even u fell, just pick urself up & go again, depression & self pity are very destructive behaviors especially for us addicts, stay strong & hashem will be with u

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Re: Hi

Posted by 1daat - 24 Oct 2010 05:09

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Hi JW. Jewinpain is, as usual, spot on. Soon you will be getting the official welcome package with real specific things you can do. You'll get links to the handbooks, which you can also find at the home page. These are a must. I read them once through, and now I read one section a day. Everybody's different, you'll find your own way.

I think most of us would agree that we're about stopping our lust addiction behaviors. Also we're about our relationship with Hashem, and other people. Becoming good decent men who long to serve and be close to our Creator. They all go together.

So, stay in touch. Post your heart out. It feels so good to just get your guts out and find that we're all in pretty much the same boat, that we care about you and your sobriety, and that we can relate to what you're going through.

Hotzlocho and coiach.

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Re: Hi  
Posted by john.watson4181 - 26 Oct 2010 00:59

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Thanks for you too.

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Re: Hi  
Posted by the.guard - 26 Oct 2010 22:39

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Dear R' John,

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: Hi  
Posted by 1daat - 27 Oct 2010 22:16

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Ahhhh. Your birthday present. So now that you've got the "welcome package", how are you doing? What's happening?

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Re: Hi  
Posted by jewinpain - 29 Oct 2010 03:11

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Hey john, plz bear with us, we will help u get comfortable with this new design of life, its a much better one than all the porn of the world, I've used them both & I wana stick with that forever , no going back anymore iy"h, keep on posting, ask for advice, share ur struggles/thoughts, & even ur falls, remember no secrets, we gota face things and be aware of our actions , and hashem will help us so we can go in his ways

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Re: Hi  
Posted by 1daat - 03 Nov 2010 00:34

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Hey JW, How are you doing? No matter, we care about you. Post post post.

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Re: Hi  
Posted by Holy Yid - 03 Nov 2010 06:43

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Welcome holy brother. You are in good hands. Post often, tell us about your struggles, your ups and downs and we will respond. The first key might be to post and post. Sharing always helps get it out of our head.

Good luck

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