

Hello. Newbie here

Posted by Nah vNad - 25 Oct 2010 02:59

Hi everyone. I can't stop. I'm not married and don't see that happening soon. It has made Torah and Mitzvos into an unbearable burden that I hate. But I don't want that. I just want to serve Hashem and learn Torah.

I just can't seem to stop. However, please know that Naltrexone does help curb the teyvovs. It's easy enough to get a subscription for since it isn't addictive.

Living all my life with serious depression all day everyday only reinforces the impossibility of ever getting this under control.

I'm glad this forum is here.

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Re: Hello. Newbie here

Posted by mnman415 - 25 Oct 2010 03:04

let me be the 1st to say:

WELCOME TO YOUR TRUE HOME!! WE ARE HAPPY TO HAVE YOU!

the 1st thing you MUST know is that it IS possible!

im sure sometime soon many of the other members will comment but right now its late and most of the memebbers are sleeping

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Re: Hello. Newbie here

Posted by frumfiend - 25 Oct 2010 03:36

Hashem loves you more than you love yourself . EVEN WHEN you Dirty Yourself !

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Re: Hello. Newbie here

Posted by 1daat - 25 Oct 2010 04:54

I know it feels like you can't stop. You'll see. you will, and life will begin again. Hashem will never give you a nisayon that He doesn't also give you the coiach to grow from. You have taken a mighty step. Soon Guard will come and give you the Welcome package. I hear how much you want to turn around. You will.

I'd like to suggest that you just take a few minutes ad have a little talk with Hashem. One-on-One so to speak. Just ask him stuff. Why are You doing this? Tell Him how much you need His help, that you finally admit you can't do this yourself. Just have a heart to heart. That's my little suggestion.

So welcome. I'm really glad you too the big step to post. Stay here. Come every day. Maybe a few times a day. You'll be fine. We're all in the same boat. No judgments. Just support, encouragement and fellowship.

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Re: Hello. Newbie here

Posted by Shteeble - 25 Oct 2010 10:59

Wow!

You got such great suggestions already!

KEEP ON TRUCKING!!!!!!!!!!

WELCOME TO GYE!!!!

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Re: Hello. Newbie here

Posted by Shteeble - 25 Oct 2010 21:20

It's ok.

No commercial drivers license necessary.

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Re: Hello. Newbie here

Posted by Nah vNad - 26 Oct 2010 05:50

Thank each of you for your welcomes and support. What do you mean by welcome package? I've really got to sit and explore the entire site here. I saw the forum, right away, and it spoke to me so I registered before I've really checked everything here out. Any suggestions?

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Re: Hello. Newbie here

Posted by Shteeble - 26 Oct 2010 11:20

in the forum, you can go to [INTRODUCE YOURSELF > TIPS FOR NEW USERS](#)

(you may have to click back a page or so to see the thread)

good luck!

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Re: Hello. Newbie here

Posted by ZemirosShabbos - 26 Oct 2010 14:24

Dear Nah vNad,

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!

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 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.

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: Hello. Newbie here

Posted by ur-a-jew - 26 Oct 2010 14:43

Nah vNad, welcome. In case you didn't realize it Zermiros Shabbos sent you the welcome package you were asking about. Regarding the guilt I strongly suggest that you listen to Rabbi Reisman's shuir on this topic. You can download it from this page.

www.guardyoureyes.org/?p=2114 It's a must listen to. Hatzlacha

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Re: Hello. Newbie here

Posted by bardichev - 26 Oct 2010 21:56

WELCOM ABOARD!!!!!!!!!!

JOIN US AND RESOLVE TO STAY!!!!!!!!

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