

New here....

Posted by Shuky - 09 Nov 2010 12:03

Hi all,

I am a 25 year old avreich ba'al teshuva who has been struggling with p'gam ha'bris in its many forms for a long time. i never thought i would find myself here but i am ready to try anything to overcome this and stop wasting my life in a fantasy world of emptiness and depression. I truly hope this will provide me with what i've been looking for.

Shuky

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Re: New here....

Posted by Jooboy - 09 Nov 2010 13:18

Welcome,

Yasher koach for looking for help 10 years earlier than I did, you'll save yourself quite a bit of heartache.

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Re: New here....

Posted by ZemirosShabbos - 09 Nov 2010 16:01

Dear Shuky,

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

Posted by dovekbashem - 09 Nov 2010 16:08

Welcome Shuki,

You have already taken the most important step and for that you should be very proud.

Now the next step is to post post post... tell us what is going on with you - be honest about your ups and downs and give chizuk to the rest of us while you're at it.

This won't be the easiest journey you've ever taken but, I promise - really, I promise! - it will be the most worthwhile.

Hatzlacha brother. Feel free to PM if there is anything I can do.

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Re: New here....

Posted by 1daat - 09 Nov 2010 16:57

Also BT. It wasn't an accident that you discovered GYE. It's all Hashgacha Pratis.

It gets easier. Hatzlacho

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Re: New here....

Posted by workingmyprogram - 22 Nov 2010 22:36

Shuky,

You're showing amazing courage and honesty by being here and posting. You really seem to want to get well and Hashem will help you if you take action. What is action? Well, reaching out to others is one of the best things you can do. We learned a long time ago, many of us the hard way, that we can't do it alone. We need others to help us, and most importantly we need Hashem. So please keep reaching out!

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