

just started

Posted by candobetter - 14 Nov 2010 03:15

I have been focused on trying to fix this aspect of my life, finally, since Rosh Hashana. I hear about this website at a community asifa. I'm finally getting serious about trying to change.

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Re: just started

Posted by frumfiend - 14 Nov 2010 04:03

Wait till you see how much help you will find here. You will not believe your eyes.

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Re: just started

Posted by 1daat - 14 Nov 2010 04:08

hi Candobetter. I want to let you know that if you just start cruising around this site, you are going to see how we're all in the same boat. When you are ready, we're here. Really. It's not phoney baloney. You'll see. Your getting sane, and clean and holy really matters to us. Welcome.

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Re: just started

Posted by Kedusha - 14 Nov 2010 04:28

Dear Candobetter,

You've definitely come to the right place. But, let's give you an official welcome!

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

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: just started

Posted by webwatch - 14 Nov 2010 04:51

@candobetter Welcome my dear brother!

It takes enough guts to join and post on this forum and you are doing a great thing by doing so.

None of us know your story yet - feel free to share any time you feel comfortable with no pressure. One think keep in mind - on this forum - we all have our different levels of issues and problems - therefore no issue is too big or small here! We will never judge you - G-d Forbid - in any way, since the majority of us have been judged by others and know how it feels.

We are all brutally honest here - and since this is anonymous it makes it a little easier.

Some of us are on a road to a better future by being "farther" along in our rectification of our souls.

We all have our share of stories, experiences and struggles we face daily - therefore we are all here to help each other.

If you still don't feel comfortable to publicly talk about your issues - you can make friends with some people on this site and you can Private Message (PM) them or email them (not sure how the email works - I think you need to ask one of the moderators) in any case you can always feel free to contact me any time and we can share our stories/struggles - or even if you are just "exploring" or unsure of anything - I will be more than glad to answer any of your inquiries.

Best regards

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Re: just started

Posted by thanks613 - 14 Nov 2010 07:20

hey cdb - I think you'll find that your already starting to do better by coming here and reaching out for some support.

Hope you like it here, and looking forward to hearing more from you

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Re: just started

Posted by Eye.nonymous - 14 Nov 2010 19:50

Welcome to the forum.

Lots of Luck!

--Eye.

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Re: just started

Posted by ramatganinternational - 17 Nov 2010 12:42

Hi CDB,

ive been there, done that and got the t-shirt.

seriously thinking about changing and ACTUALLY changing are miles apart.

make the change NOW! I promise you everything in your life will start to improve. Thats a 100% guarantee - no two ways about it.

take it from me.....

much love

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Re: just started

Posted by Eye.nonymous - 17 Nov 2010 20:06

Candobetter,

How have you been?

--Eye.

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Re: just started

Posted by workingmyprogram - 22 Nov 2010 22:31

You're a tzadik for posting anything on this site. You know how many people have this problem but would never even take the first step to reach out in a simple post? Keep it up, you're truly an inspiration.

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