

GYE - Guard Your Eyes

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Eitza-Kabbala/Neder to only use ones own computer

Posted by tzamanafshi - 20 Nov 2009 08:19

I am new here- but was so happy to see that this wonderful sight exists!!

Here is one Eitza that has worked for me- as long as I kept to it..

(In addition to K-9 on my computer without knowing the password), A Kabbalah to myself that I would not touch any computer besides my own. Meaning, even if I want to check my e-mail- or a web sight quickly- I will not touch anyone else's computer. Even if this means great inconvenience or lugging around my own laptop everywhere. I found that having all computer's Asur- no matter what- this psychologically closed the opportunity. As opposed to being plagued by huge Nisyonos- every time I chanced upon a computer that didn't have a filter on it. Starting by checking something up and then going from there....

My YH managed to get around this once- by convincing me that the Neder only covered touching the computer- wherein which I found myself fingering at keyboard/mouse through a towel!!!

For the Short term- I changed the wording of the Neder- to even looking at the screen of another computer!!

Even at a library- I will ask the librarian to look the book up- acting overwhelmed by the computers.

The battle continues though- my YH is a clever one, I wonder what he will come up with next!

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Re: Eitza-Kabbala/Neder to only use ones own computer

Posted by Kedusha - 20 Nov 2009 14:28

Dear Tzama,

I like your idea! Continued Hatzlacha in implementing it, and in overcoming this challenge in general.

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](#).

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. *Tzurav 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.

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: Eitza-Kabbala/Neder to only use ones own computer
Posted by Kollel Guy - 13 Dec 2009 21:33

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Re: Eitza-Kabbala/Neder to only use ones own computer
Posted by tzamanafshi - 22 Dec 2009 03:13

SO far so good.

This has still greatly changed my situation.

Its just that I need to keep restrengthening the Kabbalah, so far Over 40 days clean.

thank you for follow up.

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So, what happened? You never followed up. Just left us hanging like that.

Re: Eitza-Kabbala/Neder to only use ones own computer
Posted by the.guard - 22 Dec 2009 12:18

Good to hear from you, Tzama! Keep on Trucking!

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Re: Eitza-Kabbala/Neder to only use ones own computer

Posted by Chazak Amenu - 01 Mar 2010 17:45

I am going to try that too. I am only turning 15 this Pesach and live in a house with more than one computer. i also have a laptop and it has a filter but the two others do not so i am doing my best not go on them. my biggest problme is how easy it is to go on them all i have to do is walk down the stairs and there they are! what i try to do is close the door to the room one is in so that way i give myself a moment to think about what i am doing.The other one is always being used by my twin brother so don't really need to worry about that one! :D but hey no one said this was
if you have any more tips to help with my situation i would love to hear them!
thank you for the post.

keep strong,Chazak Amenu

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going to be easy!