

is this considered a fall

Posted by yeshivaboichur - 27 Mar 2011 04:14

hi i am a yeshiva boichur that looked at porn and masturbated from age 12. Recently i came back from Israel. when i was there i started working on myself and tried to be mackpid on shmiras aniyim. when i got home i forced my mom to put a filter on the computer so i could start my 90 days clean with out full access to internet . 4 days in, i was going on you tube to make sure the filter was strong enough(i couldn't control myself not to) and suddenly in history i realize that there were some not so good movies being watched on it(they were from my father which i think looks at this stuff all the time and is addicted and needs lots of help but not for this discussion right now) i got carried away and started to watch some of the movies but before there was any nudity i shut it off but there well girls that i saw not dressed so well and i did get a little turned on was this considered a fall or not

=====

Re: is this considered a fall

Posted by Rising Up - 27 Mar 2011 04:16

Not a fall, but the road to it.

=====

Re: is this considered a fall

Posted by Kedusha - 27 Mar 2011 04:19

Dear YeshivaBoichur,

I would consider it a slip, not a fall. But, try to be careful, because slipping can be a slippery

Also, I made some adjustments on your poll, because there weren't any options to choose. However, I suggest taking the poll down, and just relying on people's posts for Chizuk.

And now, prepare yourself for an official GYE welcome:

Welcome to our community, you have finally come home!

Once you've arrived, there's no turning back. Everyone here will just grab a hold of you and pull you up with them!

[GYE Program in a Nutshell](#): *(Right Click the link and press "Save Link/Target As" to save the PDF file to your computer).*

'Guard Your Eyes' offers a unique approach to helping people by recognizing that there are many different levels in the struggle for "*Shmiras Ainayim*" and "*Shmiras Habris*". After studying the experience of hundreds of religious strugglers over the past few years, we put together the suggestions and recommendations that we feel are best for the various levels. We divided the tools, features and services that GYE offers into 8 different levels. This "[GYE Program in a Nutshell](#)" can help people quickly identify at what level of the struggle they are at, and which tools and features would help them most at their particular level.

Here are some quick things you can do to help you jump straight into recovery:

1) 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... We also **highly advise** installing "Reporting Software" such as webchaver.org to give you some accountability, because filters alone are usually not sufficient and they can often be bypassed.

2) Join the [daily Chizuk e-mail lists](#) to get fresh chizuk every day.

3) 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](#).

4) 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!**

5) GuardYourEyes also offers many free anonymous phone conferences where you can join a group of other frum Yidden, along with an experienced sponsor. See www.guardyoureyes.org > Tools > Phone Conferences for many different options. Our conferences are taking place every day, morning, noon and night... Joining a phone group 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 the daily call will be another way of GETTING OUT OF ISOLATION and connecting with others who are going through what you are.

6) If you need more general guidance, write to our e-mail helpline at gye.help@gmail.com or call our hotline at 646-600-8100.

7) Download and read the "[Guard Your Eyes Handbook](#)". This handbook outlines the GYE approach in detail, and makes our network much more effective and helpful for people. **The handbook has two parts:**

A) The first part, "**Attitude & Perspective**", 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...

The second part, "**The 18 Tools**", detail 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. 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!

May Hashem be with you!

=====

Re: is this considered a fall
Posted by ben durdayah - 27 Mar 2011 13:07

Hi Yeshiva Bachur!

IMHO it's probably a slip.

=====