

Steve C's Journey

Posted by stevec613 - 23 Sep 2009 12:36

I found the site on August 19, 2009.

So far so clean.

Thanks for the warm welcome

SC

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Re: Steve C's Journey

Posted by 7yipol - 22 Nov 2009 15:20

Huge Mazal Tov Steve!

If Bardichev wasnt so busy with his newborn, he'd be here with the Woodford...gonna call him as soon as the baby stops crying!]

In the meantime, a hearty bottle of buubly 7Up will have to suffice!

Cant wait to hear more about your victory.

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Re: Steve C's Journey

Posted by Kedusha - 22 Nov 2009 21:41

Mazal Tov, Steve!

You've invested a great deal in this achievement. The key now is to do whatever it takes to protect your investment!

Let's begin with a beautiful GYE Minhag - playing the Bardichever Nigun!

www.guardyoureyes.org/wp-content/uploads/2009/07/The-Bardichever-Nigun.mp3

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Re: Steve C's Journey

Posted by Luria - 22 Nov 2009 21:44

[stevec613 wrote on 22 Nov 2009 14:17:](#)

Thanks Reb Guard. I reached 90 last week. At some point I would like to write a more detailed post on the things that I have done to not only stop using my time for bad and the things that I have done to fill my time. I was unsure of how to react to the 90 day level. One the one hand I wanted to reach out and get advice from others who have reached 90 to see what they have done post 90 to keep the number growing. On the other hand I see how difficult 90 is for many of the members and did not want to make others feel poorly.

SC

Dude that is amazing!! Reach out and get advice - you've gotten this far - keep going and growing!

No jealousy on my part - just respect and admiration.

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Re: Steve C's Journey

Posted by imtrying25 - 22 Nov 2009 23:14

On the other hand I see how difficult 90 is for many of the members and did not want to make others feel poorly.

Het Steve your not gonna make us feel bad. Adaraba we wanna hear some advice. Also we wanna hear how good it feels sitting up there ontop of the mountain so it can give us extra incentive to get up there and join you.

MAZEL TOV!!!

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Re: Steve C's Journey

Posted by the.guard - 22 Nov 2009 23:39

Yes, please do give us a nice post about what tips are working for you, and which tools of GYE you've used and found the most helpful, etc... I will bl'n post it in a Chizuk e-mail to over 900 members!

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Re: Steve C's Journey

Posted by bardichev - 23 Nov 2009 16:52

STEVE PLUG IN YOUR MP3

CHAPP A TENTZIL!!!!!!

<http://www.guardureyes.com/GUE/Music/mus/JackSimcha.mp3>

LCHAIM!!

http://www.royalmilewhiskies.com/images/products/0010000008104_L.JPG

M A Z E L T O V ! ! !

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Re: Steve C's Journey
Posted by G38 - 24 Nov 2009 16:06

Steve, it must have been your back in front of me all the time!!

Thanks for showing the way, now tell us how you did it AND how do you continue upwards.

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Re: Steve C's Journey
Posted by G38 - 24 Nov 2009 16:15

R' GUARD :o :o :o

I looked for Steve's name on the wall (and for mine) and it's not there ??? ???

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Re: Steve C's Journey

Posted by the.guard - 24 Nov 2009 23:11

I looked for Steve's name on the wall (and for mine) and it's not there

You need to look at the NEW automated Wall of Honor that I linked in the Chizuk e-mail when I announced your 90 days!

Sorry, I still need to link it from the site.

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Re: Steve C's Journey

Posted by struggla21 - 24 Nov 2009 23:26

Mazel Tov

Its pretty inspiring to read your posts!

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Re: Steve C's Journey

Posted by Noorah BAmram - 25 Nov 2009 11:18

Steve Hearty congrats and warmest Mazal Tov wishes!!

I found though it did get easier, I must never forget that ultimately it is "one day at a time" and it is very easy to regress into old patterns and habits.

With awesome respect and fiery love to a silver star member of the Guardani Brigade

Noorah

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Re: Steve C's Journey

Posted by stevec613 - 27 Nov 2009 18:31

First and foremost I want to thank everyone for their warm wishes upon my 90 day accomplishment. Today is day 100 for me and I would like to try and describe how I got to this point and how I think I have changed over the past 3 months.

As I wrote in on my of my first posts, I am a thirty something professional living in a large North American city. I attended several yeshivos over the years and was in yeshiva until I got married. I had been struggling with these issues from adolescence and on. Obviously the creation and popularization of the internet throughout the 90's and most recently the availability of high speed internet on hand held devices this decade was a huge challenge for me. I had some years of sobriety immediately after getting married but had not had much success these past few years.

Whats interesting, is that since finding this site in August (thanks to an article on masturbation on aish.com) I have not slipped or fallen at all. While I am obviously proud of this accomplishment I do think that this element of instant success in this area may leave me more vulnerable than some others who have had a tougher trip to 90 than I. In a way I worry that not having to dust myself off from a fall and not learning from my mistakes leaves me at a disadvantage. From reading the posts on this site, I am fully aware at how difficult people find it to reclaim the level they had reached after falling when their clean streak was in the 30 day range. I am in awe of those who have suffered such setbacks and yet have reached 90.

I am going to try and share of the items that I think played a role in my reaching my goal of 90 days.

First and foremost while I have not read all of the attitude handbook, the one thing that i read that I found very helpful is that this yetzer horah is a challenge that hashem has sent specifically to me in order to have me work hard to refine my character. whenever I am tested, I try to internalize that hashem is challenging me and that if I am successful at this moment, that the success will be mine forever regardless of what happens the next time I am challenged.

One item I was was extremely diligent in was in guarding my eyes while walking in the street, supermarket, shul. etc. While there are stimulating images that present themselves on a regular basis I was always careful to avert my eyes as soon as I glanced at something and made sure not to take a second look. I firmly believe that in this zchus, the inadvertent viewing of these images did not impact me as much as they might have in the days where I would take a second and third look.

I am sure that you have all experienced the following scenario. You are walking down the street and see an interesting site ahead of you. Since it is up ahead you are unclear if this will be one of these images that is good from far but far from good, or if this image walking towards you will be a true beauty. when faced with this scenario, I convince myself that the image approaching me is going to be of super model quality, and that by averting my eyes to this once in a lifetime beauty I will earn tremendous reward in the world to come. In this way, I stay away from allowing myself to look at items that are only a little harmful. Instead I assume that every image is the worst of the worst, and I try to imagine the reward for passing this most difficult of test.

I am sure there is more to share and will IY'H do so as I am able to articulate it.

Good shabbos to all.

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Re: Steve C's Jorney

Posted by the.guard - 28 Nov 2009 17:27

Thanks Steve! I posted this testimonial of yours on the page of the article, [over here](#). And I also

let Aish - *and* the author of the article - know how they helped another yid!

Keep up the great work!

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Re: Steve C's Journey

Posted by stevec613 - 29 Nov 2009 02:13

In my haste on erev shabbos, I forgot to add one additional change that I have tried to incorporate into my life that I believe has had a positive influence in my battle.

While in the past, my hand-held device has been a tool of my addiction during times of boredom, I have been using it instead for good. I have been using the devices MP3 player to play shuirim on a regular basis. We are taught that nature abhors a vacuum and that he yetzer horah will rush in when there is empty space or time. We are also taught that hashem created a yetzer horah and created torah as the opposing force. It has been much easier to guard my eyes while in the super market as I listen to a shiur on shmiras einayin. It is easier to guard my eyes in the street as I listen to a shiur on Parshas Hashavua, and it is easier to to guard my eyes during while commuting as I listen to a shiur on Hilchos Shabbos. There are literally thousands of shiuring posted on line (many of them for free) and searching for the ones that interest me the most (as well as scanning the GYE site) have been ways for me to use my down time in a constructive manner.

Thanks for reading.

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