

GYE - Guard Your Eyes

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New name, New thread, New Age

Posted by FighterWithFire - 07 Mar 2021 20:14

After 3 falls in 16 hours, felt like it was time to change things up. For starters, stop posting on a thread called "Falling hard nonstop"-not very encouraging; and change the name of my profile (nobody, including me, knows what "The Sicario Warrior" means anyways).

I WILL find a way to be more resilient and resourceful when unfiltered devices are left around. I WILL go on GYE more often, even when doing well, to keep myself strong. I WILL get to 90 days, no matter how hard the Yetzer Hara tries to stop me.

I WILL win this fight. I WILL win this fight. I WILL win this fight!

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Re: New name, New thread, New Age

Posted by Benoni - 07 Mar 2021 20:40

Yayy I'm finally top comment for once lol!

Welcome Fighterwithfire! I'm here to wish you all the hatzlocha in the world with overcoming this! It sometimes seems physically and scientifically impossible to overcome and i myself have been having *a lot* of urges lately too (so feel free to reach out to me anytime and we can give each other chizuk).

Just a couple of tips:

1. I know for myself that i would be constantly surfing the internet for shmutz if i didnt have filters installed on my devices. Even if you don't want a filter that blocks anything, you can get one that just takes screenshots of what you look at and sends it to someone who can hold you accountable- you'd be amazed how well this works as a deterrent.
2. Like you said, GYE is one of the best weapons we have in this battle and it pays to go on here. What's worked for me well is that everytime i have an urge to look at shmutz, I'll go on here instead (this usually results in me going on here multiple times a day).

Anyways b'hatzlacha with overcoming this formidable nisayon!

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Re: New name, New thread, New Age
Posted by eyes - 07 Mar 2021 20:59

I love your name.

Mate you will do it.

Stay connected.

possibly a way to catapult your recovery is to write your story. It will help you formulate your thought and it will help others connect to you through similar experiences. No need to write a chapter book.

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Re: New name, New thread, New Age
Posted by FighterWithFire - 09 Mar 2021 19:58

Thanks-I have already written my story (under my old name)-in fact, I think you commented on it. Here it is: guardyoureyes.com/forum/1-Break-Free/362124-Falling-hard-nonstop

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