

Starting on the path

Posted by cantdoitalone - 12 Dec 2021 03:45

Day 0,

I've used this website before on a different account, but haven't been active in a long time. I have had a track record of going typically up to a week or so and then falling, and really looking to get to long term freedom regarding shmiras einayim/shmiras habris. Please comment any resources that have helped you all along the way in staying clean.

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Re: Starting on the path

Posted by Hashem Help Me - 12 Dec 2021 05:20

Accountability partners really help

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Re: Starting on the path

Posted by Avrohom - 13 Dec 2021 01:08

[Hashem Help Me wrote on 12 Dec 2021 05:20:](#)

Accountability partners really help

Agreed!

Everyone's different and needs a different "diet" of solutions to break free. What have you tried and was it helpful?

For me, the Smart Recovery ideas for dealing with urges, an accountability partner, posting here regularly whether updating my challenges or cheering on others, Rabbi Shafier's audio series "the fight" have all been helpful.

Hatzlocha on your new climb!

GYE - Guard Your Eyes

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