

shemirat einayim. Finally going on the chart
Posted by shemirateinayim - 31 Dec 2009 19:29

GUARD, i was once supposedly on it. but i couldn't update it for 2 weeks. so i never saw if i was put on or not. but I think my screenname is reserved (by me). and the site keeps telling me that my email is in use.

I need some help getting myself on the chart.

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Re: shemirat einayim. Finally going on the chart
Posted by silentbattle - 12 Feb 2010 19:32

That's great! We'll miss you on GYE, but I think the trade-off is worth it. Come back when you can, with great news on every level!

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Re: shemirat einayim. Finally going on the chart
Posted by shemirateinayim - 14 Feb 2010 18:49

24+24+24+19

Had a pretty good shabbos, and i'm doing well. I lost access to the laptop, and can only use public terminals. Although also late at night when no-one is up.

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Re: shemirat einayim. Finally going on the chart
Posted by Ineedhelp!! - 14 Feb 2010 19:00

I used to be a good friend ofn the Yezter Hara so I when I went to his house I saw what his plans are. He told me he is going to try to keep you up fpr two reasons: 1) You'll have unfiltered

internet access and 2) tommorrow is the FIRST DAY OF ADAR and he wants you depressed for it instead of happy. There, I have told you his plan now its time to counter it with some defense.

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Re: shemirat einayim. Finally going on the chart
Posted by shemirateinayim - 14 Feb 2010 22:05

I tried disguising myself, but he's hot on my trail.

Mybe if I tried fabricating a new identity.... but then GUARD mey get upset.

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Re: shemirat einayim. Finally going on the chart
Posted by shemirateinayim - 15 Feb 2010 19:27

Ok so I had a small fall yesturday afternoon. But I got-up pretty quick, especialy with the night seder I made. All those goyim where creeped out. I was learning a blatt gemara, tune and all, and the occasional comment in english...and the room had a haunting echo.

So while people walked through the room, they either ran-out, or tried to stand in a place that I couldn't see them, and just stood there perplexed. It was kinda fun, in a ruchniusdik way.

Well I gotta start spending alittle less time on GYE, before i break even gueard's record for time spent online. I have always wondered how it works, since it obviosly doesn't count the time my username is logged in?

And is anyone is wondering about the identity crisis I am going through, It started with a prank (posing as someone from 'across the mechitza') and then i got so into-it that I just kept switching it. I got bored of it, and I realy like my new pic, so I think I'll slow down for now.

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Re: shemirat einayim. Finally going on the chart
Posted by silentbattle - 15 Feb 2010 19:35

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Re: shemirat einayim. Finally going on the chart
Posted by shemirateinayim - 15 Feb 2010 19:50

It's good to know where we are!!
I'm the tallest kid in the class!!

I got my 'head in the clouds'

Gimme some time, but I plan on reworking on the 12 steps again. But I am really starting to get convinced that my terrible addiction has died-down to a bad case of slips. true my level of slips involves some pretty bad stuff, and I can bypass a large spectrum of nissyonos, to choose the really bad one, but I still, Im wondering how much of this is ADDICTION, and how much is habbit.and nissyonos?

I know 90% of you are gonna dissagree, but I sincerely want to hear the tzdadim why I am wrong.

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Re: shemirat einayim. Finally going on the chart
Posted by silentbattle - 15 Feb 2010 20:13

I think we all go through this..."am I really addicted? Nah, it's just a nisayon, I can beat this, no problem, I just need to try harder..."

(Cut scene to a few months later) I can do this, i really can, just need to try harder...I'm not addicted, though, I can stop anytime I want!

Seriously, though...whether it's a technical addiction? It's always hard to say, but let's take a look at a few of the criteria used to define addiction in the DSM-IV (used to diagnose psychological disorders). Well, actually, they don't use the term addiction - they use the terms "abuse" and "dependence." Now, we might not match all the criteria, or not perfectly, but when you start seeing some similarities, it should be enough to make us stop and think. Keep in mind, that these criteria are talking about physical substances, but i think that parallels can be drawn.

Here are the criteria for substance *abuse* - any ONE of these is enough to qualify:

1. Recurrent substance use resulting in a failure to fulfill major role obligations at work, school, or home (such

as repeated absences or poor work performance related to substance use; substance-related absences,

suspensions, or expulsions from school; or neglect of children or household).

2. Recurrent substance use in situations in which it is physically hazardous (such as driving an automobile or

operating a machine when impaired by substance use)

3. Recurrent substance-related legal problems (such as arrests for substance related disorderly conduct)

4. Continued substance use despite having persistent or recurrent social or interpersonal problems caused or

exacerbated by the effects of the substance (for example, arguments with spouse about consequences of

intoxication and physical fights).

I think we can all relate to #4, for sure. 1 & 3 on a smaller level, perhaps, as well. So substance abuse certainly applies to us, it would seem.

Now take a look at the criteria for substance dependence. One needs 3 or more of these to qualify for a full-fledged dependence diagnosis:

1. Tolerance, as defined by either of the following:

(a) A need for markedly increased amounts of the substance to achieve intoxication or the desired effect

or

(b) Markedly diminished effect with continued use of the same amount of the substance.

2. Withdrawal, as manifested by either of the following:

(a) The characteristic withdrawal syndrome for the substance

or

(b) The same (or closely related) substance is taken to relieve or avoid withdrawal symptoms.

3. The substance is often taken in larger amounts or over a longer period than intended.

4. There is a persistent desire or unsuccessful efforts to cut down or control substance use.

5. A great deal of time is spent in activities necessary to obtain the substance, use the substance, or recover

from its effects.

6. Important social, occupational, or recreational activities are given up or reduced because of substance use.

7. The substance use is continued despite knowledge of having a persistent physical or psychological problem

that is likely to have been caused or exacerbated by the substance (for example, current cocaine use

despite recognition of cocaine-induced depression or continued drinking despite

recognition that an ulcer

was made worse by alcohol consumption).

I think that most of can at least relate soewhat to #4,5, and 6, right?

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Re: shemirat einayim. Finally going on the chart
Posted by shemirateinayim - 15 Feb 2010 21:38

the old GYE site has a direct link to "am I an S-- addict" on the top of thr QandA page.

Honestly I get addicted to whatever technological thing I choose. I can hook myself on video games, and have all those addiction related problems, I can hook myself on TV to the extent that i almost starve! I never really watched movies, but I am sure I would be able to do the same. Right now I am using GYE as my newfound addiction, to dull my mind to the TVs Movies, _____ access, goyish library, anf more in the very room that I am using this terminal. it's all here, and a mere 35 second walk away. SO I this new addiction (blogging on gYE) is somewhat brought upon myself volentarily.

I am a born addict, in my matzav I was very succceptible to falling into any addiction, and was therefor very carefull to never touch ANY alcohol, pain killers, perscription drugs, over-the counter drugs, or anything else. But the YH succeded in getting me hooked on _____, and steared all my addiction prone triggers into it! So Thus, i am not so sure that p_____ is my issue. it may simply be the dulling sensation that computers and TV provide.

What's your take on this. And seroisly speaking, my time on GYE has reached an addiction, and that's why I have posted to try stopping it, a few times.

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Re: shemirat einayim. Finally going on the chart

Posted by silentbattle - 15 Feb 2010 21:40

how are you defining addiction, as it pertains to GYE? Check the criteria, and draw the parallels? Remember, there are healthy activities that we do that take up a lot of time, that's not an addiction.

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Re: shemirat einayim. Finally going on the chart
Posted by shemirateinayim - 15 Feb 2010 21:48

<http://www.no-porn.com/test.html>

from the facts page of guardureyes.com

There are all answered yes, in connection with my addiction to blogging on this forum (I don't blog ANYWHERE else). Now I also had this problem with P_____ itself. Just that these addictive behaviours seem to have applied themselves to my blogging (I've been fooling around a lot more than reading or giving chizuk)

When you have child care responsibilities, do you put a higher priority on masturbating or being sexual than you do on the welfare of the child(ren) in your care?

Does your blogging interfere with making zemani hatefillah and learning your sederim?
[original question makes no sense in this context]

Does it seem as though there is another person or force inside of you that drives you to blogging?

Do you fail to meet commitments or fail to carry out responsibilities because of your involvement with blogging?

* wasn't trying to be comical this time. I am just trying to show how my addictive behaviour gets me hooked on any electronic means of getting that 'dull' 'whitewashed' feeling.\

*needed a place to jot-down a note ???? ?? ???? ???? ???????**

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Re: shemirat einayim. Finally going on the chart
Posted by shemirateinayim - 15 Feb 2010 21:55

Being honest, I have tried to evaluate which parts of this questionare apply to where I am holding NOW. Based on my slips over the last few weeks. I will tryto censor them alittle.

Do you struggle to control or completely stop your thinking about or viewing p____? **no more thinking issue at all B"H**

Does it seem as though there is another person or force inside of you that drives you to p____? **duh**

Do you feel empty or shameful after viewing or HZ"L using p____?

Have you ever promised yourself that you would never again view p____?

Do you anxiously anticipate or fear trips out of town because of what you think you might do sexually while you're away? **sadly so, B"H never did**

Do you scan printed material (novels, newspapers, magazines) or change channels on the television set just to find something that will stimulate your tayvas nashim? **doing so is a fall for me, but i still have to deal with that Y"H. I fell into it yesturday!**

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Re: shemirat einayim. Finally going on the chart
Posted by shemirateinayim - 15 Feb 2010 22:08

I found this great article from R Twersky on
<http://www.guardureyes.com/GUE/RTwerski/Can'tStop.asp>

.....Other than try to stop and pray etc, what has this young man done to make essential changes in his character? That's where one should begin.

I attended an AA meeting where the speaker was celebrating his 20th year of sobriety. He began by saying, "The man I once was, drank. And the man I once was, will drink again" (but the man I am today, will not). Alcoholics who have not had a drink for many years but have not overhauled their character are "dry drunks" and will often drink again. The same is true for sexual addiction.

How does one become a different person? By working diligently on improving one's character traits. Learning how to manage anger, to rid oneself of resentments, to overcome hate, to be humble, to be considerate of others, to be absolutely honest in all one's affairs, to admit being wrong, to overcome envy, to be diligent and overcome procrastination. In short, one should take the Orchos Tzaddikim (I'm sure it's available in English), and go down the list of character traits, strengthening the good one's and trying to eliminate the bad ones. This does not happen quickly.

When one has transformed one's character and has become a different person, one will find that this "new person" can accomplish things that the old person could not.

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Re: shemirat einayim. Finally going on the chart
Posted by the.guard - 15 Feb 2010 23:08

Wow, someone is actually going through every link on our freekin site. Hey, when was the last

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