

Thank you Hashem

Posted by ur-a-jew - 07 Sep 2010 17:24

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Ahh what a feeling. 90 days. Thank you Hashem for sending me here and walking me along, to Guard for setting up the site and to all the wonderful members for giving me chizuk and advice all the way. I started writing this post after just being on the site for two weeks but it somehow got deleted and then I kept pushing it off. I figured once I got 90 days I would just write a whole long megilla as to what the GYE community means to me.

1. I once met a chasuva balabus who works with at-risk kids and he told me over a conversation he once had around Yom Kippur with one of these kids. He was telling the kid that on Yom Kippur we can do teshuva and our aveiros become zechuyos. The kid turns to him and says you explain to me how the XXX movie I just watched will be a zechus. The balabus turns to me and says I didn't know what to say but Hashem put the following in my mind which I told the kid. He said, I'll tell you. Because you're going to resole to change and you're going to become better and work on raising a jewsih family and you're going to meet a kid like you where who feels they were hopeless. At that point you'll tell the kid, never lose hope, you can never sink too low. I also saw the shmutz that you saw, I saw the same XXX movies, but look I was able to turn around. At that point says the balabus you'll understand how that XXX movie can be a zechus. The message hit home and the kid went on to change. All I can say is that there are a lot of interesting and unique "zechusim" on this site.

2. I've learned how to grow in Ahavas Yisroel. Just like the addiction does not discriminate neither does the site. All walks of yiddishkeit are here and the camaraderie that is displayed is trully remarkable.

3. My tefillos have improved. There are a lot of people to thank for this. Most promenantly is Dov who has encouraged me to talk to Hashem on a regular basis. Just two days ago, Jooboy wrote me something which gave me a tefilah that I now add. Hashem give me the ability to place my trust and my dependance only in You and not in any human including my wife.

4. I realize I am not alone.

5. I have hope. In the back of my mind I also had this fear that I had completely ruined my chances to be mekabel pnei moshiach and for olam haba based on my actions. Would I ever really be able to do teshuva. The site tells me that although it is hard work (as could be expected given the reward) teshuva is possible. It really is possible to stop.

6. The 12 Steps. In the past as part of my efforts to stop. I had always looked into ways to online SA meetings. It never worked in large part because I could not relate to any of the people that were members. Here I feel that I am amidst family since we are all bnei av echad. B"H I am making my way through the steps.

7. The knowledge that sex is optional. This is a hard one. But I am grateful for the knowledge and one of these years I hope to be truly able to implement it in my life.

8. Making shemiras einyayim part of my conscience. I can proudly say that for the past 90 days I have not picked up a New York Post or a New York or New Yorker magazine, all of which were part of my daily or weekly routine since they are readily available in my office. I have come to realize I don't need them and the potential triggers they bring with them.

9. A filter. After years of just saying I need one I know have one both in the office and at home.

10. No facebook. This was probably my biggest michshal in the past year. What a wonderful feeling when I click on a link that directs me to facebook and K-9 comes up to block it.

11. No youtube. Another source of anguish consumed by the canines.

12. A garden of peace. I found this book here. And anyone who has read it knows what I mean. Anyone who hasn't, what are you waiting for.

13. A better marriage. When I don't have all the baggage, things necessarily are better.

14. The daily chizuk emails, all three of them. Even if I don't always get to read them. There is a certain comfort knowing that they are there just for the looking. There is a noticeable absence when Guard is away.

15. The GYE Handbooks.

16. Virtual meetings.

17. Google chat to know that someone can check on me and the ability to offer chizzuk to others.

18. Rather than mention names and mistakenly leave someone out. I appreciate everyone who has helped me along this journey. You all know who you are. I hope to continue with you all to the next level.

My list can go on and on (and I hope to continue it but I got to work a little today). My tefillah to Hashem is that I recognize that this first 90 days is just a stepping stone along the path and that I merit to continue to stay sober day by day, and that I not forget that I was never able to do this alone so I should never think of moving away from the site and the wonderful people that I have met and continue to meet here.

Ksiva V'Chasima Tova to all.

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Re: Thank you Hashem  
Posted by gibbor120 - 25 Oct 2011 16:11

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[ur-a-jew wrote on 25 Oct 2011 14:26:](#)

Lessons learned from an overnight business trip.

Some related haaros to the overnight business trip post:

Society is obsessed with television and anything else that takes us out of the "real" world.

Over Sukkos I had a similar nisayon. My MO family wanted to watch an episode of a show that they said was "clean". I had my doubts and so did my wife. My wife really wanted to watch it, so I left the room for the 25 or so minutes that it took. My wife told me afterwards that certain body parts were prominently on display (hamaivin yavin) in this "clean" show.

Also, being that we travelled a lot (BIG undersatement) this yom tov, we needed some DVDs to keep the kiddies occupied on our seemingly endless roadtrips. Someone suggested a certain movie which was ostensibly for kids and mixed live characters with cartoon characters. My wife and I previewed it before our trip. It's amazing how many sexual innuendos there were in this "kids" movie. Some obvious and some very subtle (some went over my wife's head and I had to point it out - we addicts are very tuned in to this stuff :-[]). Anyway, just some post-yom-tov thoughts.

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Re: Thank you Hashem  
Posted by Dov - 25 Oct 2011 16:26

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Hey, thanks for sharing all that. Stay gutsy, buddy.

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Re: Thank you Hashem  
Posted by ur-a-jew - 26 Oct 2011 14:15

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[yehoshua wrote on 25 Oct 2011 14:37:](#)

Vau, great. Did you say anything to yourself or did anything when you were confronted with the tvs?

Say anything - yes I told myself that I would not watch any movies particularly i wouldn't even turn to HBO. Since I know it would be really bad news if I did that, that I wouldnt be able to stop once I started, and I also didn't want to deprive myself of the ability to say that i have not watched a movie since i joined this site. Which basically shows me that its all where I draw my redline. Hopefully I've learned enough to see that I can't taste even regular television.

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Did anything - yes I turned them on.

Re: Thank you Hashem

Posted by Dov - 27 Oct 2011 04:08

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If 'we' never got rid of our TV ten years ago, I sincerely doubt I would be sober today.

We didn't do it, though, really. We never bought one, either.

Huh?

My sister bought it for us 25 years ago...we took it out for the Olympics 'only'. The first time, it went back in the box after. A few years later, it didn't...

When I got sober, I began to switch addictions, watching the TV till late instead of going out to act out till late. It drove me mad.

I began to let TV watching go, with intermittent success. Then one day about twelve years ago, my wife called me when she got home from her morning job to tell me that there was a thin residue of white powder on tables and counters and stuff all over the house. I said, "call the fire department!" She laughed, I went back to work.

Two hours later when she plopped our squishy five year old daughter in front of the TV to watch Sesame Street, but it would not turn on. Then she noticed a burnt plastic odor. She looked at the back of the TV and saw that it was charred and melted in upon itself. Getting that call from her was a weird moment in my life. Hashem did for me what I could not do for myself.

Our home has been TV free ever since and it's great. Seeing TV as it is now, while I am at work with TVs around, I realize that the schmutz standards have changed quite a bit. If I had free reign of the TV, I'd lose my sobriety for sure. Sexual innuendo, sex, discussions of porn and crimes of sex, nudity, and stars, stars, stars...all treif up my head into being OK with lusting my brains out.

Can't afford it, so I have no business having one. Aside from what any posek may tell me. I can't control and enjoy it and maintain my sanity, sobriety, and any happiness, at all.

Ciao!

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Re: Thank you Hashem

Posted by gibbor120 - 27 Oct 2011 17:06

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A couple of things. I ended up in a waiting room this morning while my car was being worked on. There was a TV of course (local anesthetic to prevent people from bugging them and asking "is my car finished", "is my car finished", ad infinitum.) I tried to keep my eyes in my mishnayos. (I looked up a couple of times, usually followed by looking back down rather quickly :-[ ). Anyway, it's amazing how shallow TV is. What we call news is a joke. Each segment no longer than a minute or 2 (attention span is shrinking rapidly). It's like reading the headlines of a newspaper without the story, no depth at all. just very relaxing anesthetic, to numb us from life. I understand reshaim bichayehem keruyim maisim. ( i don't mean to imply that all ppl who watch TV are reshaim). There are lots of dead people walking around. I am one of them sometimes :-[.

Anyway, about switching addictions. One of the things I sometimes did to stay sober was to play video games at work for hours. My job doesn't always keep me that busy. I would be

tempted to look at shmutz and decided that it was better (less assur at least) to play video games. Boy did I feel dead afterwards :-[.

Thanks for "listening" to me rant a bit.

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Re: Thank you Hashem

Posted by Yosef Hatzadik - 27 Oct 2011 17:14

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[gibbor120 wrote on 27 Oct 2011 17:06:](#)

Thanks for "listening" to me rant a bit.

I would rather 'listen' to you rant than to look at shmutz!

Which brings me back to my GuardYourEyes addiction.... :-[

..... ad infinitum!

See the date of the following quote? Does this prove the adage "Once a GYE Addict, always a GYE Addict"??

[Yosef Hatzadik wrote on 24 Feb 2010 19:24:](#)

Rabosai, I need some help/advice in time management. A week has already passed since I started posting in this forum and I can't seem to stop. I, B"H, don't have internet access at home, so all these posts are coming during work hours. I get paid by the hour, but with all my time being spent [or maybe it should be called earned?] reading this forum, I hardly get some work done at all. How do I keep from looking at GYE? ? ? ? ? ? ? ? ? ? ? :o

(B4 GYE it was other sites, but there I had a guilty conscious to help me minimize it somewhat.)

HELP!!!! I'm addicted to GYE!!!! HELP!!!! :-\

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Re: Thank you Hashem  
Posted by gibbor120 - 27 Oct 2011 17:16

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[Yosef Hatzadik wrote on 27 Oct 2011 17:14:](#)

[gibbor120 wrote on 27 Oct 2011 17:06:](#)

Thanks for "listening" to me rant a bit.

I would rather 'listen' to you rant than to look at shmutz!



Which brings me back to my GuardYourEyes addiction.... :-[

..... ad infinitum!

Oh yes, I meant to mention that. My GYE addiction has now over taken my video game

Is there an addiction manager app yet ;D ?

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Re: Thank you Hashem

Posted by Yosef Hatzadik - 27 Oct 2011 18:34

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[quote="The new GuardYourEyes Prevention Handbook for Parents & Mechanchim (Pg. 32)]On erev Rosh Chodesh Nissan, 5735, Rav Yaakov Yisroel Kanievsky, Elazar Menachem Man Shach, Rav Moshe Feinstein, and Rav Yaakov Kamenetsky , issued a joint letter against television, and in the years since then television has been effectively banished from the homes of Bnei Torah. With television, this was the obvious solution since it was not only noxious but unnecessary.[/quote]

addiction

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Re: Thank you Hashem

Posted by ZemirosShabbos - 31 Oct 2011 18:10

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Thank you Hashem for one our newest Global Moderators:

the Unique Ubiquitous Upstanding Undeterred and Usually Unerring UAJ

mazel tov!

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Re: Thank you Hashem

Posted by Yosef Hatzadik - 31 Oct 2011 18:34

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Dear **Ur-a-Jew**,

I follow closely behind **ZemirosShabbos** in greater admiration than before!

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Re: Thank you Hashem

Posted by ZemirosShabbos - 31 Oct 2011 18:38

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fetter moshe says:

don't walk in front of me i may not follow, don't walk behind me i may not lead, just walk beside me and me my friend and together we will walk in the ways of Hashem

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Re: Thank you Hashem

Posted by heuni memass - 31 Oct 2011 18:40

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[Yosef Hatzadik wrote on 31 Oct 2011 18:34:](#)

Dear **Ur-a-Jew**,

I follow closely behind **ZemirosShabbos** in greater admiration than before!

Yosef - do you admire based on names and tittles? we can make you the Director of the history department on GYE. UAJ is always UAJ.

Mazel tov UAJ on you new job. MMay you continue to be Oisek Betzochai tzibur.....

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Re: Thank you Hashem

Posted by gibbor120 - 31 Oct 2011 18:58

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Tittles shmittles. Doesn't the song, say "don't truck in front of me....just keep on truckin with me and we'll... [bardichev wrote on 16 Sep 2011 02:53](#):

fight lust with brotherhood and simcha

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Re: Thank you Hashem

Posted by Lonely Boy - 31 Oct 2011 19:00

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Why should a lonly boy like me thank Hashem?

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