

Its now or never!

Posted by thiagofuznav - 20 Dec 2010 19:40

Hello, I'm 24 years old guy from Brazil. I converted this year (February) to Judaism (conservative movement), but Beezrat Hashem next year I will convert in Orthodox in Jerusalem! I receive emails from Chizuk list just over one year. However, in my country the nastiness and the open exhibition of sexuality have made my journey to be a shomer brit very very difficult. I decided that I need to join a group and exchange experiences, for I think it will help me to resist temptation. I do not speak English very well, but I hope to count on the help of community members so that I can resist temptation. I really want to serve Hashem and fulfill His commandments. I really want to be a shomer HaBrit, and I believe that with your help and Hashem's help I'll make it !!!!!

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Re: Its now or never!

Posted by ZemirosShabbos - 20 Dec 2010 20:00

Dear thiagofuznav,

Welcome to our community! Once you've arrived, there's no turning back. Everyone here will just grab a hold of you and pull you up, up, up!

Scientific studies have shown that it takes 90 days to change a neural thought pattern that was ingrained in the brain through addictive behaviors. Did you join the [90 day chart](#) on-line? Sign up [over here](#).

Make sure to install a strong filter. It will be almost impossible to break free of this while having all the garbage within a mouse click away. See [this page](#) for one good filter option, along with instructions on how to install it best – and give away the password to our "filter Gabai"... See [this page](#) for another 20 (or so) filter ideas and information...

And that is why we created the GYE handbooks (links below). If you read them well, from beginning to end, slowly, and try to implement what you read, you will find the answers within them to enable you to completely turn your life around. **You're worth it.**

Also, join the [daily Chizuk e-mail lists](#) to get fresh chizuk every day, and post away on this forum. You will get tons of daily Chizuk and support. This disease can't be beat alone. It works best when you get out of isolation!

GuardYourEyes also offers various free anonymous phone conferences, where you can join a group of other frum Yidden, along with an experienced sponsor. See [this page](#) for four different options. Our conferences are taking place daily, throughout the week... This would be a tremendous step in the right direction for you and help you learn freedom from this addiction. Not only will you learn the secret of the 12-Steps – which is known to be the world's most powerful program for beating addiction having helped millions world wide, but joining the group will be another way of GETTING OUT OF ISOLATION and connecting with others who are going through what you are.

Let me tell you a little about the two GuardYourEyes handbooks. They lay down the cornerstone and foundation of our work, and they make our network much more effective and helpful for people.

You see, until now, people would often get "lost" when coming to our website, not knowing what tips and techniques to try. For example, a beginner wouldn't jump straight into therapy or 12-Step groups, while on the other hand, someone whose addiction was more advanced wouldn't be helped by the standard tips of "making fences" putting in "filters" etc... So it was essential to develop a handbook which details all the techniques and tools to dealing with this addiction in progressive order. Now with these handbooks, anyone can read through and see what steps they've tried already, and if those steps haven't worked, they can continue on through the handbook where the steps become progressively more powerful and "addiction-oriented".

And the second handbook, called the "Attitude" handbook, can also help anyone, no matter what level of addiction they may have. Often people write in to us saying that had they only known the proper outlook & attitude that we try and share on the GuardYourEyes network when they were younger, they would have never fallen into an addiction in the first place! So we hope that through this handbook, many addictions will be prevented.

The handbooks are PDF files, set up as eBooks, and they have bookmarks and hyper-links in the Index, to make them easy to navigate.

Note: You might want to print them out to read away from the computer. Keep in mind though, that if you do this, you won't be able to click on the many web links in the articles. But you can always come back to them later. The truth is, it's anyway good to go through the whole handbook once without clicking on links, just to get an overview of all the tools available. Once you did that, you can start again from tool #1 and read each tool through more carefully, click the links and study each technique and assess whether you have tried it fully yet or not...

Right click on the links below and select "Save Link/Target As" to download the handbooks to your computer.

1) [The GuardYourEyes Handbook](#)

This Handbook details 18 suggested tools and techniques, in progressive order, beginning with the most basic and fundamental approaches to dealing with this addiction, and continuing down through increasingly earnest and powerful methods. For the first time, we can gauge our level of addiction and find the appropriate tools for our particular situation. And no matter what level our addiction may have advanced to, we will be able to find the right tools to break free in this handbook!

2) [The GuardYourEyes Attitude](#)

The Attitude Handbook details 30 basic principles to help us maintain the proper attitude and perspective on this struggle. Here are some examples: Understanding what we are up against, what it is that Hashem wants from us, how we can use this struggle for tremendous growth, how we can deal with bad thoughts, discovering how to redirect the power of our souls, understanding that every little bit counts, learning how to bounce back up after a fall, and so on and so forth...

May Hashem be with you!

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Re: Its now or never!

Posted by thiagofuznav - 20 Dec 2010 20:18

Thanks!!!

Its now or never!!!

I will be glad for all help!

I will be shomer habrit!!!

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Re: Its now or never!

Posted by cantdoitmyself - 20 Dec 2010 22:56

Welcome!!! We're all here for you. Keep us posted. It's so nice to have you. May Hashem help you through this struggle.

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Re: Its now or never!

Posted by briut - 20 Dec 2010 23:11

Welcome aboard. Don't let your English skills stop you -- we have lots of guys who speak only in short sentences, poems, ALL CAPS, and using spelling that you can only find (avoid?) in a yeshiva education. I would recommend that you post frequently -- I have found that to be very therapeutic.

Personally, I think that someone in the middle of a Conserv + Orthodox conversion is in a very very delicate situation. About being shomer ha'bris but about a lot of other things, too. I hope you can see your way through this chapter well. And quickly.

So would you like to introduce yourself a little more -- who you are and where you're hoping to

head?

Welcome aboard.

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Re: Its now or never!

Posted by bardichev - 20 Dec 2010 23:34

Welcome aboard

Ill set up a pub in rio (or sao palo)

We will have some brahma

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Re: Its now or never!

Posted by frumfiend - 21 Dec 2010 03:28

What does a bar tender have to do with a truckdriver.

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Re: Its now or never!

Posted by bardichev - 21 Dec 2010 03:34

How does a chassidisher guy like me know every drink in every country???

Ohhhhhh goooooooooogle

Ahhhhh now I chapp!

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Re: Its now or never!

Posted by silentbattle - 21 Dec 2010 07:11

Welcome aboard, my friend! it sounds like you're someone who searches very hard to find the truth and live by it!

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Re: Its now or never!

Posted by thiagofuznav - 21 Dec 2010 12:04

[bardichev wrote on 20 Dec 2010 23:34:](#)

Welcome aboard

Ill set up a pub in rio (or sao palo)

We will have some brahma

Brahma isnt our best beer!kkkk (I dont like it)

By the way, I was bartender! kkkkk

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Re: Its now or never!

Posted by thiagofuznav - 21 Dec 2010 12:07

[Briut wrote on 20 Dec 2010 23:11:](#)

Welcome aboard. Don't let your English skills stop you -- we have lots of guys who speak only in short sentences, poems, ALL CAPS, and using spelling that you can only find (avoid?) in a yeshiva education. I would recommend that you post frequently -- I have found that to be very therapeutic.

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So would you like to introduce yourself a little more -- who you are and where you're hoping to head?

Welcome aboard.

Well, I'm determined to convert and live in the Orthodox Judaism, I try to keep kosher, do prayers and observe the Sabbath properly. Its hard, but I'm getting step by step. A year ago I've been studying with a rabbi from the Chabad on several topics, including the Shulchan Aruch. I discovered that I have a sincere admiration for Chassidim, I think the future will be an chassid!. Next year I will study at an yeshiva in jerusalem where I'll convert, details of the travel are being

resolved, B"H!.

I got some time sober (2-3 months), but I had a fall and was very difficult to return to the level I was.

So I think its important to join the group. I just did not join the group before because I was ashamed of my level of English. Now I see that this lie was a set of SA to get me away from the path of kedushah.

Thanks for all support

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Re: Its now or never!

Posted by thiagofuznav - 21 Dec 2010 12:13

Yesterday, Y"H tried to fool me. Unfortunelly, I've seen improper sites, and I restarted the counting. I installed the k9 web filter and I hope it be the last fall.

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Re: Its now or never!

Posted by ZemirosShabbos - 21 Dec 2010 18:46

your determination and perseverance is admirable, you really are doing a lot to get yourself headed in the direction you've chosen

keep in mind that it will take time patience and effort to learn the correct way to live life and not be under the grips of this addicion...

but as long as you are determined and willing to work you will go far, b'ezras hashem

much hatzlocha

ZS

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Re: Its now or never!

Posted by thiagofuznav - 21 Dec 2010 23:48

You`re right!

I also change my profile name to Never_give_up, because we cannot never give up to fight.
Hashem dont give up from us!

I'm afraid about sin, about what future will bring to me, but, I realized that I have to live the
present, day by day.

Im trully happy to found you guys! thanks a lot!

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Re: Its now or never!

Posted by thiagofuznav - 23 Dec 2010 12:12

Hi guys,

today is my 2nd day clean.

I'm really hopeful that I will keep myself clean

I'm in right derech! Thanks for you support.

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