

on my way

Posted by timewaster - 06 Nov 2009 02:01

Like so many others here, i too have tried and failed. The main problem I have is when I waste time. I feel like wasting time breeds aveiros. As the dvar torah goes there are two things that people are doing wrong when they waste time. First is you are not being productive with the time that hashem gave you and second is it leads to other aveiros. It is for this reason that i am trying to cut out wasting time. I have recently downloaded a web clock which informs me how much time i spend on the internet a day. I try to review that time every day and see where i could improve. Obviously i need to deal with both issues stop wasting time and even if i do waste time dont have it lead to aveiros. So far i have been clean 8 days and recently have made it up to 30. Some days you feel that how could i fall in, and other days where i ask myself how i made it 30 days. Well that is my story and I hope to keep it going where I will be a timeuser sur mairah viaseh tov

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Re: on my way

Posted by the.guard - 06 Nov 2009 07:20

Dear TimeUser,

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!

Sounds like our [Kosher Isle](#) is just for you! To keep yourself busy **away** from the computer is best. See [this page](#) for some ideas... However, not always can we get away from the computer. If you want to use your time wisely on-line, see [this page](#). And for the times you feel you just want to kill time by the computer (and that is where the aveiros usually happen), see [this page](#) instead... Besides for all the great Kosher news sites there, you can scroll down for a host of great Kosher sites with hundreds of cute and entertaining videos clips and such... This can help you when you can't resist wasting time - and you're stuck by the computer!

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](#)...

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.**

We get cries for help every day, by e-mail and on the forum. *Tzuras Rabim Chatzi Nechama*

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 from 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.

Make sure to read them, they contain a wealth of information on beating this addiction! And I'd love to hear your feedback on them...

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: on my way
Posted by 7yipol - 06 Nov 2009 10:42

Timeuser;

Welcome to the family.

I really like your name; we need to find you a great avatar to go with it (Nu Guard...hourglass?
clocks? time machines?....)

Dont count on the forum to leave you with much free time - but what a way to spend it!

Keep posting,

7up

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Re: on my way
Posted by timewaster - 06 Nov 2009 17:26

thanks for the encouragement. I already feel in a better place

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Re: on my way
Posted by Eye.nonymous - 07 Nov 2009 17:10

Welcome to the forum, TimeUser.

And good luck.

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Re: on my way
Posted by levite - 20 Nov 2009 11:24

hyi time user how r u doing? hows are our boys at the front?

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Re: on my way
Posted by timewaster - 22 Nov 2009 18:53

Last night, I was faced with the hardest challenge that I had faced and passed. It was a great feeling. When i woke up this morning, I had the greatest feeling that i was tested and somehow managed to pass. It wasnt easy and i know that just because i passed once i will have success again but atleast now i am hopeful. I just want to thank everyone and especially guardyoureyes for setting up this network. When i was faced with the taava i immediately thought about all the wonderful methods sent out through the email. Specifically my personal count, the accountability group and how i didnt want to let them down helped me. Also, i told the yetzer hara that i will do it tomorrow. Finally i thought about all the people on this website, and how in a way i would be letting everyone down by giving in being that we are all working to get past this taava and in some manner control it. Thank you and i wish you all luck as well.

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Re: on my way
Posted by 7yipol - 22 Nov 2009 19:28

Good job Timeuser!

There is nothing like that feeling which comes from winning a battle against the yh. :D

But be warned; he is still out to win the war!

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Re: on my way

Posted by timewaster - 22 Nov 2009 23:02

i know i am not haughty enough to believe that i have defeated him. He shall return but atleast now i know how good it feels when you dodge a bullet

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Re: on my way

Posted by the.guard - 22 Nov 2009 23:42

Beautiful. Good work. You make GYE proud!

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