

Testimonials about the GuardYourEyes network; the website, the forum, the daily *chizuk* e-mails and the new handbooks.

Mevakesh writes:

Never in the history of Klal Yisroel have we stooped to such low and degenerate levels of znus, filth and such an impossible environment. But, as Hashem always keeps the cure close by, NEVER in the history of Klal Yisroel has there been such a power of good ready to combat the evils of the street. We all owe a tremendous Hakoras Hatov to Guardureyes, who has started a movement of good. A movement of Teshuva like never before. A revolution of Anti-filth! A real army ready, willing, worthy and able to fight, capture and slaughter the Yetzer Hara!

Menachem writes:

It must be said, that were this site not to exist I will definitely not have managed to withstand recent tests. I found the strength from the inspiration from this website. In a way, the zechusim gained by those responsible for making this site are of a nature never gained before in the history of mankind. It's a rare kind of 'matan beseser' because they do not know who they are saving from sin. I'm sure this brand new rare mitzvah is viewed with the utmost regard in the place where all our deeds are recorded....

Wewillnotbeforsaken writes:

Over the years I have tried nearly every conceivable method of trying to break this habit on my own - that didn't work. So far, the thing that seems to be working best for me is just going on this site and browsing through the forums and latest posts. The posts are inspirational and infuse within me strength to be strong. There are other people who are going through / have gone through the same trials as us. IY'H we will both be successful.

Shepsil writes:

B"H, you guys had the bravery to confront the issues head-on, called things what they are, and creating GYE and all the supporting networks. I applaud you. You are saving my life, along with all the others...

Snax writes:

I have a new addiction. The GUE forum! There is so much chizzuk on the boards. I get the chizzuk from your and all comments posted there. I have seen major improvement since I joined the forum and hope to join the hotline this coming week. Together we are stronger and will be able to overcome our Yetzer Hora. I think guardureyes has a great zechus as people can share their thoughts anonymously. Even people that want to give chizzuk and cannot do it openly, can give out all they have on the forum.

Plonit writes:

Your website is like a rope being thrown to a drowning person...

Clemmy writes:

You have a tremendous chelek in olam Haba for helping with this avaira...helping end it. It's not just that one is nichshal in "*Vlo Taturu acharei levavchem veacharei eineichem*", but the depression brought about by the aveiros we do in private crushes our spirits...bringing to countless more aveirot (as we learn from shimshon). You are preventing the whole landslide, in addition to saving shalom bayis etc....

Michael writes:

You've saved me from the depths...

Ploni writes:

You are MAMASH saving klal Yisroel in its greatest need!!

Plonialmoniii writes:

The schar you have waiting for you for all of the neshamos that you are saving is beyond comprehension. The moment I came across your site I was so strengthened that I've never gone back since. Tizku L'mitzvos!!!! ...

Yakov writes:

Thanks to you, my life is better. I can speak to my kids about yiddishkeit without feeling like a hypocrite. I can sing zemiros at the Shabbos table without feeling guilt. I can shake the rabbis hand without saying to myself - 'if he only knew'. Ok, I'm doing the work, but you are there, which makes all the difference between now and prior to now. Between you all the people on the forum who are rooting for me, I can pull through this struggle. I can't express in words how much I owe you. (Someday, we'll meet and you'll know who you helped)....

Battleworn writes:

I have about 30 years experience fighting the horrible monster, the vicious, deceitful, evil, wicked, rotten, cruel, merciless, mean menuval.... the website guardureyes.com is in my opinion one of the best things in the world, and the forum is even better.

A.A. writes:

Your daily e mails are a great help to us all, and Baruch Hashem this year I have stumbled only 4 times. While I know it is 4 times too many, when compared to the previous year, it is quite literally a miracle, and this achievement is the first time since I first fell into this nasty tumah as a teenager some 17 years ago. That's a lot of Teshuva I am working on. This coming year, I resolve, Bezrat Hashem, not to stumble at all, which for the first time in my life I believe I can achieve, bli neder. Know something - this is all due to YOU, YOUR daily emails, YOUR website, and the fact that YOU have come out and got these issues out in the open. There must be countless people who have stopped spilling seed, and its all in YOUR merit! ... Thank you

Ben-Olam writes:

There is no question in my mind that Harav Guardureyes, who started, maintains and is the strength behind this site, is a Machzik Harabim of the grandest scale, and the Yetzer Hara has finally met his match!!! When Mashiach comes, you know you will be right up there with the rest of the Tzadikim throughout the ages!...

Barditchev writes:

This was a beautiful week on this forum

We picked up new members and there was very good conversations going back and forth B"H

I have good news for the holy GUARD, I am already 80 days clean. Wow!!!

I would suggest that we all drink one (extra) L'CHAIM this SHABBOS in the honor of the holy GUARD

He does so much for each and every one of us...

Chl writes:

When I got the courage to sign up on the forum I read the stories there, I have absolutely no words how much better my life is since then. It is like the difference between night and day, even stronger than that. I am continuing to work with the translations from the book "Today is the first day", as well as the 12 steps to self esteem. I have now a beautiful relationship with my wife through following advice given here on the forum. I spend more quality time with my daughter. I am learning Torah again with joy. I feel I am on a good path to get a job that works for me. And I am now able to recognize my enemy, Lust, and to deal with it when it pops out its ugly head. All of this developed out of reading the forum. So I thank YOU!

Josh K. writes:

My friend, the handbook is an awesome masterpiece a testimony to the tremendous siyata dishmaya that is evident in all your emails.

mgalglin zchus al ydiey zakai.

Yakov L. writes:

Your emails are helping my avoda tremendously (actually by making it less 'avodah' i.e. easier, less fight). Please keep it up.

My wife actually asked me before Shabbos why I've been in such a good mood the past three weeks!

Ari F. writes:

I love you guys, you really (wipe my tears) gave me new life. I love life now, I'm so happy all the time. You should be gebenchted. Amen!

B.T.W writes:

I love all yidden with all my heart. I have a special place in my heart for fellow strugglers. But for you Guard, there are no words. I simply get stuck trying to explain it.....

“WornB” writes:

I clicked on that link to the forum -bless that day- and pretty soon I was crying. To see my holy, precious, beloved brothers and fellow warriors joining together to fight back effectively and give each other support and chizuk, is by far the best therapy and the best chizuk I could ever hope for.

Jack writes:

The love with which you speak to me and everyone else is clear. I am humbled that there is a person like you so willing to help a fellow struggling, unhappy Jew.

Shomer Habris writes:

This incredibly important mitzva of shmiras habris requires all the publicity it can get. Unfortunately, due to the taboo nature of the subject, as well as the embarrassment in discussing such issues with friends or mentors is just not possible for some individuals. Your site has changed that. There is now a place for people to get help in this very difficult and important area. By promising anonymity for those who are undertaking work in this area, you have enabled them to reach unimaginable levels.

“Me” writes writes:

If you knew, if you could see the unbelievable Olam Habah that is waiting for you. An Olam habah, a place that even the Malachei Hashareis can't imagine,... You, Guard, have undertaken an unbelievable chiddish in Klal Yisroel, single handedly.

I saw in the Heileger Sefer Tahara Hakodesh, (or it could have been Shomer Emunim), that very very few people are zocheh to be called "M'zakeh Es Harabim". To be M'zakeh es Harabim has unbelievable reward, and there is no question that you are doing it.

Plonit writes:

I am obsessed with website now. IT'S AMAZING. Now I WANT to get better. You are going to have an awesome seat in the olam haemet... MANY MANY MANY people have told me have to stop acting out, buuuut, somehow your words penetrated my heart and pierced my neshama. Maybe I just know that now I will have a new addiction-- THE GUE WEBSITE. I started reading the handbook, and signed up. You have no clue how much you are doing for me.

Yakov_Schwartz writes:

I have been focusing a lot on the 12 steps and I have been feeling immense natural serenity. I have been super calm to all that I meet. I feel a pleasure to be with people and to help people. My wife cannot get over what a calm and upbeat mood I have been in.

You guys are great! I feel like crying for joy just thinking about how wonderful you guys are.
Thanks

Habib writes:

GUE, i know i say this a lot, but i would never have been able to do this without you. thank you so so so so much. i can't even begin describing the respect i have for you and for everyone else on this site, and the hoda'a i feel for everything you've done for me, without even knowing who i am!

Snx writes:

When I read this forum I feel like Noach in the Taiva. Surrounded by all the shmootz on the web there is a little 'Taiva' where yidden from all over the globe can come and hide and get the much needed chizzuk. Let us all choose this holy "Taiva" and not Chas Vesholom the "Teiva". Yidden if you haven't joined or if you fell out, join us now. The doors are open! The Mabul is almost over, Moshiach is on his way!

Mevakesh Hashem writes:

Since I joined this forum, my Olam HaZeh is 1000% more enjoyable as well! The fake, phony "pleasures" I used to indulge in and sin to attain, are nothing compared to the feelings of closeness I feel to Hashem when I daven, learn and watch my eyes.

B.T writes:

What you're doing here, in addition to the regular zikui harabim, you're helping others do zikui harabim. And you're giving us the tremendous opportunity to turn our sins in to merits by using our experience to help others. WHAT GREATER ZIKUI HARABIM COULD THERE BE!!!

You're going to bring moshiach at the rate you're going. Just keep it up...

Chasdei Avos writes:

WOW, do I have chills right now. I just read this forum from start to finish and to say it is giving me chizuk is a huge understatement. I am flying high emotionally. This is the best preparation for the Yomim Noraim, a time when all of us are trying extra hard to succeed. I am no prophet, but I can say with certainty that Hakadosh Baruch Hu is looking down at everyone on this sight and kvelling with unbelievable simcha and nachas. All we ever try to do is the ratzon Hashem, and right now, right here, on this websight, you guys are smashing the samech mem (evil inclination) to pieces and spreading the glory of Hashem's malchus in the world, precisely the point of Rosh Hashana. Thank you and let this be the reason you are all written in the book of Bracha, simcha, Parnassa, and all good things.

NiceGuy writes:

I'm determined to break this into the open so people don't suffer in silence. We need to get people to open up, to share. The hiding is the most deadly part of it, and once that is behind you

a huge battle is already won. People need to know how many were suffering like them but have beat it.

B.D.R writes:

This forum is like HAR SINAI

I would like to thank the HOLY GUARD and all the tzadikim on this site for keeping me strong

I am over two months clean. I think I must dreaming, this is so unbelievable!

B.W writes:

I want to tell you that b'zchus this forum, I have reached a very major milestone in my life.

Over the last half-year with the help of this holy forum, I've become a new person. When the malicious menuval trys to attack, somehow, B'ezras Hashem, I'm able to tell him "sorry, but the rules of the game have been changed. The store is closed, permanently, at all times and in all situations!"

THANK YOU RABEINU GUARD!!!!!!!!!!!!!!!!!!!!!!

Eatsleepandboard writes:

I owe you huge Hakarat Hatov. The daily emails are mamash mechazek me.

Ahron writes:

I'm reading through the handbooks now. Overall, I have found GUE to be the best site by far for frum Jews (if it were a shul, it's the one I'd be a full member of where I'd daven regularly!) and the Handbooks are an incredible and ground breaking cornerstone in this struggle. Since I'm using metaphors today, here's another (perhaps this is a simile): "The GUE Handbook is to frum lust addicts what the AA Big Book is the alcoholics". Keep it up!

Habib613 writes:

I read the GUE Attitude handbook last night. It's amazing, i can't even put it into words. It's like everything I needed to hear. ..

Net writes:

If you stick around on this site, and take the things that they say seriously and are really determined to try and change, you seriously will, no matter how far you think you have fallen. Read the guardyoureyes handbook and attitude book, they are real gold.

Jacob writes:

The Chizuk e-mails work because they are coming from the webmaster who cares about each and every Jew in klal yisrael! He is showing us his love for us! We all feel that! And that caring is what keeps us away from sin!

Yes, he uses the words of the holy Torah to guide us. But try reading the same sefarim yourself - see if it works! It's only when we have the mesorah passed on to us by a caring Jew, like guardureyes, that we can even begin to think about improving. If someone feels loved, then they can begin to think about what the Torah says. Without that person, where are we?

Where are we without a Rebbe? Can we learn torah by ourselves? Can we learn from a Rebbe who hates us? We need a Rebbe who cares for us! And that's what we have.

Ben writes:

Guard, I only started posting to the forum a little over a month ago, and I have been clean for this whole time. The impact you have had through this board and your chizuk emails cannot be calculated by any human. There are lives being saved here. Whatever amount of time you can spend on this is time well spent, and an investment in olam haba

H.B writes:

I am amazed at how on the forum everyone is so be achdus, so focused on their goals. That inspiration keeps me going. I stand in awe of every person on this site.

Ein Yiush writes:

I'm going to say it the way it is. The daily chizuk emails are saving my neshama.

Ahron F. writes:

It's incredible how on the mark the Chizuk e-mails have been for me lately. Each day I find that the e-mail was written PRECISELY for me, and addresses the EXACT topic that I'm currently working on. Thank you!

L.N. writes:

The very fact that your site lists how many days 'sober', was the one thing that got me to start again for good (thank you). Because my drive is to prove myself, and in order to make it onto the one year sober list...I'm gonna havta give-up on all feelings of lust.

I may not be updating the list, but your list is keeping me up-to-date...I thank you from the depths of my heart.Tizku Lemitzvot!!!

Ano-nymous writes:

The handbooks were excellent, pure gold! The information they contained was unbelievable. It really takes all of the things I've read since I joined the forum and puts them right in front of you.

It's up to the individual people to make the jump though...Man, when I think of all the schar you are gonna get for this upstairs....

B.W.N writes:

Welcome home. First of all you should say Hallel that you found this site. I have to tell you that those handbooks are one of the greatest things that happened to Klal Yisroel since Matan Torah.

W.S writes:

The last few days, I started concentrating on the handbooks. Rabeinu Guard, I have no way describe my feelings. This is EXACTLY what has been missing so badly. And you did an unbelievable job!

"nightyDays" writes:

I have been to other forums where people talk about random topics. What you can see here is how much people care. From the fact that the grammar is accurate, to the lengthy responses, people take time out of their day to give Chizuk to those who struggle just like them. This is an amazing site. Chazak Veematz!!!!!!

J.K writes:

I'm a bundle and jumble of emotions and it will time to sort them out. In retrospect, if I wouldn't be on this road to recovery and were it not for the "chaburah kadisha" this "holy fellowship" I shudder to think!! Were this to happen when in the clickin 'n surfin mode, I probably would have lost it altogether!!

So dear brothers, thank you all from the bottom of my heart, Thank You just for being on this forum, thank you for all the priceless wisdom that u share every time u post. Thank you for giving me chizuk, simcha and most of all HOPE!!!!

J.B writes:

dear guardureyes,
Your replies to me humble me. They bring tears to my eyes - not like those tears of pain and anxiety that i felt the other day - but tears that someone cares enough about me to do this. i never felt this before - i always felt judged, never that anyone was willing to help me, only criticize me.

Joshuah K. writes:

Guard, a hearty thank u for the wonderful chizuk emails. I eagerly await them every day and sometimes I read them even more then once and truly believe they play a huge role in my continuing sobriety. THANK YOU!!!!

“Kavay” writes:

I have been reading and rereading and re-rereading your handbooks. They are great!. I think that the info on this site should be made available to all mechanchim because there is definitely a strong lack of awareness. I can talk from my own experience when I say that although I knew that internet addiction was a problem, I thought that it was relatively rare that it should exist in otherwise accomplished people who did well in learning and other areas of Avodas Hashem. This exacerbated my feelings of guilt, as I was never fully able to feel accomplished by anything that I did because I thought that I was living a big lie. When I read stories of Rabbeim and other Bnei Torah who are afflicted with addictions similar to mine, it truly helped me separate the addiction from myself. I can now try to view the addiction from the outside. Thank You!

“Shomer” writes:

If we know the Yetzer Hara's battle plans, we can be ready & know what to look out for.

GYE is very helpful in this area, since everyone shares there battle experiences.

Hopefully in the Zechus of People like you, we will be zoiche to the geuleh very soon.

There is no doubt that what we are doing is Ripping through the heavens above.

“Chesed Hashem” writes:

Guard is a malach min shamayim and just keeping with this site will give you the strength and desire to gain control. I struggled since mid teens (around 20 years ago) with this craziness and only once I fell upon this site I have been clean bli ayin harraah since rosh chodesh elul (almost 6 months).

M.B. writes:

I've been an addict for close to 30 years! I've been working and battling this for at least 20 - alone. The difference is that NOW, I will succeed. Hashem has been helping me all along, but NOW, I have all you guys too. AND THAT WILL MAKE ALL THE DIFFERENCE. The seeds have been sown a long time, but GYE will be the water after 30 years of drought.

I think I've grown more in the past 2 weeks than I have in years. Sharing my thoughts and receiving feedback encourages further growth.

Yitzchak writes:

Sometimes I wonder, how could it be that Hashem -Who is "Sonei Zima"- is letting the world sink to such a low level and get so flooded with tumah "Kamayim layom michasim". We all know that the situation described in the Gemoroh (Berochos 32a) about which Eliyahu Hanavi said "Ma ya'aseh haben shelo yecheta" is nothing compared to growing up in this generation. So if Hashem is Sonei Zima, how can He allow this to happen???

BUT WHEN I SEE WHAT YOU AND THE OTHER CHEVRA HERE- ARE DOING, THE QUESTION DISSAPEARS. IT'S CLEARLY OBVIOUS, THAT FOR SUCH A HUMONGOUS BOMBASTIC KIDUSH HASHEM - FOR SUCH AN EXTERME, UNPRECEDENTED LEVEL OF SHECHINA BATACHTONIM OF-COURSE IT'S WORTH IT!

BECAUSE THAT'S THE MAIN PURPOSE OF CREATION AND OF-COURSE IT'S DOCHEH
ALL OTHER CONSIDERATIONS!!!

“Kedusha” Writes:

Addiction to the Internet, especially (but not limited to) Internet pornography, is a very serious problem in the Frum world today. It affects not only the modern orthodox, but people who are considered to be Bnei Torah as well. It is unknown how many Bnei Torah are leading double lives and crying out for help, with nowhere to turn. Imagine the pain of a Frum, Heimishe father, attending his child's Siddur party. It should be a moment of great Nachas. Instead, the father is ridden with guilt because of where he was on the Internet the previous night.

For some people, the answer is to have no Internet in the home (however, as the Internet becomes more and more essential, it is becoming increasingly difficult to suggest this as a long-term solution for Klal Yisrael). For those who need it, however, there must be another solution. In addition, I realize that this is an addiction and has to be treated as such. As with any addiction, I have no control over yesterday or tomorrow, but I can work on being clean today, with the Ribbono Shel Olam's help. I have been clean in the past, but I always fell eventually. But now, for the first time, I have somewhere to turn for help. Guardureyes.com has countless resources for battling this addiction. It is a life preserver for those who are drowning in a sea of Tumah!

Phillip writes:

I don't know where it would be best for me to express my gratitude to Hashem Yisborach for sending you guys as a shliach to help me fight the Y"H. I can't tell you how many times I looked around the web to find help regarding my addiction. Miraculously I fell upon this web site this pass friday, I just cant explain to you the true joy that I feel right now. May Hashem grant you much success in spreading the word of this web site

Jacob Q. writes:

I would first like to say that your website is such a relief. I've been battling this yetzer hara for a while now and your website is pushing me even farther in the way of good, strengthening me for the battle. In fact, when I have a bit of extra money, I'd like to print out a few hundred of the "Guard Your Eyes Handbook" and distribute in my yeshiva and others. I'm blown away at how on top of things you are. Answering questions within a couple hours of them being asked, knowing which questions on the forum were asked when, and your eagerness to help people! Absolutely incredible to me...I really admire you.

“Hoping” writes:

The night before I discovered this wonderful site, I begged Hashem to help me do teshuva and stop doing the Aveira of HZ"L. The very next day, Hashem gave me Siyatta Dishmaya to find this site and use the tools! I am so grateful to Him!

I am trying to go one day at a time, but I could not help but feel some anticipation to do some real Teshuva this year. I could never really do Teshuva on any Aveiros (even those unrelated to lust) when I felt that I was not truly willing to return to Hashem (i.e leave my addiction).

A Prestigious Mechanech writes us for help:

Dear GUE,

Sorry For anonymity but it would be a Chillul Hashem to show my real face. I am a prestigious mechanech and respected marriage counselor. I helped a lot of Bachurim and couples in their own sexual problems. But as chazal say "*ain chovish matir atzmoh*", I can't be in command of myself at all, I need access to the net for my profession, and being a computer guru and I have outsmarted the filters & locks.

If you would know who the writer is you would weep for weeks. I can't tolerate it any longer. It seems to me that the only way is by including outside help. However SLAA meetings are out of question due to my caliber, and letting my wife in does also not come in consideration (she knew I had net problem but does not know the extent). Do you think I can be helped without blowing my secret?

We answered him and got him involved in the network. About 4 months later he writes:

Rebbe, you can not visualize the effect you have on our lives.

Since I joined the forum my life has simply CHANGED for the better
Like a turtle slowly (actually rapidly) emerging from his shell.
Starting to live a lively life, a life of control and reason.
To understand myself, and the others around me.
I opened my eyes, grasped my deterring situation, and made a swift U-turn.

WOW!! One hundred twenty five days.
125 days ago I joined the forum
125 days ago I was reborn
Right, I consider myself an infant of 4 months old.

I watch my soul growing daily, as a kid would regularly appraise his height.
My Davening has not been with such devotion for a very long time.
The learning has become superior, since the tranquility of my conscious.

I observe my social life advancing, like a professional PR entering a club.
My kith and kin have never been closer to me, then the last few months.
My friends encircle me, as bees would surround their comb

And the list goes on and on.....

A Talmid Chacham who calls himself "Bardichev" posted on the forum:

I found your website on March 20. It is the most wonderful thing that has happened to me in along time.

I cried my eyes out reading all the *machshavos tovos* and sincere *hirhurei teshuva*.

I cried for along time when I realized that most of what I thought I was going through was crazy and only happening to me, was in fact happening to so many others as well.

I cried for the honest people who are trying to save their *neshamos*, their lives, their marriages, their NORMALCY.

I cried to Hashem to please let me also become a baal teshuva and not just go back and forth and be caught in a vicious cycle.

Shabbos "Hachodesh" was anew *hischadshus* for me. I felt like air was being filled into a deflated balloon.

I cried so hard by Kabbolas Shabbos, my kids were looking at me as if something was wrong.

I cried by the passuk "*ohavei Hashem sinu ra shomer nafshois chasidav miyad rishayim yatzileim*". And I begged Hashem with all my heart that the next Shabbos I will not stand in shame in front of him when I said this passuk again.

Sunday morning I started to monitor myself. I reactivated my [accountability program](#) and I started keeping a log on paper of every hour that I was in front of my computer. It was really phenomenal to see for myself how many times I would want to just go online for a few minutes. That was my first clean day (I am not counting Friday, for that was my real hard "soul searching" day).

Monday and Tuesday were very hard, but I fought like a lion and I was in full control. I kept on reading all the posts on the forum and [the stories](#), etc. It was (and is) my new lifeline.

Wednesday and Thursday I was very busy with a *dvar mitzva* so I had little access to my computer and it was a breeze.

Now here is where it gets interesting. Wednesday night I went to a *chasuna*, and for the first time in years I felt so happy and excited to be by someone else's Simcha! I cried like a baby by the *chuppah* and I davened for *siyatta dishmaya* in my war. And suddenly by this wedding, I had almost total control of my eyes. I was ashamed to be in the lobby. I stayed on the dance floor the entire time.

By the time Shabbos came around I felt such *simcha* and real *kedushas ha'shabbos*, it was wonderful!

I have one last thought. The Heiliger "Kedushas Levy" (the Bardicher Rebbe) would weep from Nachas and be *Meilitz Yosher* for all the *Mevakshay Hashem* on this forum.

Please put me on the [90-Day-Chart](#).

Humbled and Happy,
Bardichev

On his 30th day clean, Bardichev posted:

Hello to everyone here. I am truly humbled to be here. It is the most wonderful thing.

I can not believe that today is my 31st day without any *assur* internet whatsoever. Without even any bittul zeman on the internet. I can't believe it myself, I am so happy.

Just four weeks ago I couldn't sit in front of my computer without peeking just for a few minutes at all the filth that the Y"H brought my way.

Just four weeks ago I was the lowest person in the world living the biggest lie. I used to feel so horrible looking at my innocent children and thinking "why do they need to have such a pig for a TATTY?". Just four weeks ago I was crying under my desk and I really wanted to change. Indeed, in the past I made strong kabbalos I gave myself all kinds of mussar, I applied all kinds of advice, but I never was able to ever go even 2 weeks clean.

When I B"H found a lifeline on GUE I realized 3 things:

- A. There is a way to recover
- B. I am an addict. I have an addiction and need recovery, not that I'm just crazy or SHVACH
- C. There are other people in the same boat that are honestly working on changing their lives.

At that point I didn't feel that I deserved to be on the forum let alone on the "90-Day Chart". So I kept my own journal for two full weeks. It was so hard to change, but all the chizuk from reading all the posts on GUE pushed me along.

I still can't believe that I am clean for a month. I am not trying to delude myself to say I arrived. I REALLY need all the encouragement to reach my short term goal of 90 days. I am really taking it one day at a time and davening for siyatta dishmaya.

May all our friends here be the source of inspiration that we all become truly the HEILIGE NESHAMOS WE WERE GIVEN AT BIRTH.

Please give me the chizuk (and mussar too) to reach my goal.
May Hashem bentch each and every one of us.

Humbled and happy
Bardichev

On his 90th day, Bardichev posted:

TZADDIKIM, DEAR BROTHERS,

TODAY IS 90 DAYS! IS THIS TRUE OR AM I DREAMING??

FIRST I NEED TO THANK THE HOLY CREATOR THAT ALLOWED ME TO FIND THIS SITE.

SECOND OF ALL, WE ALL NEED TO THANK THE HEILIGER GUARD.

RABBOISAI (AND REBBETZINOISAI), DO WE REALIZE WHO THE HEILIGER GUARD IS?

I AM CONVINCED HE IS ELIYAHU HANAVI.

- FIRST OF ALL HE IS INVISIBLE.
- SECOND OF ALL, HE IS THE MALACH HABRIS.
- THIRD, HE DRINKS L'CHAIM AT THE END OF THE 90 DAY SEDER!!!

IF WE STAND BACK AND TAKE STOCK, THE GEMARA TEACHES US "*GADOL HAMACHTI'OI YOSER MIN HA-HURGO*". SO IF HE SAVES US FROM SIN, HE GAVE US LIFE, HE GAVE US OUR HUMANITY - OUR NORMALCY BACK, HOW MUCH DO WE OWE HIM??

THANK YOU HOLY GUARD. THANK YOU FOR GIVING ME MY LIFE AND MY YIDDISHKITE BACK TO ME. LOOK HOW YOU ARE MAKING BAALEI TESHUVA EVERY SINGLE DAY. YOU ARE A VERY SPECIAL PERSON. *YEHI MASKURTAICH SHLAIMA MEI-IM HASHEM!!!!*

I WOULD LIKE TO THANK ALL THE PEOPLE WHO READ MY POSTS, AND I WOULD ESPECIALLY LIKE TO THANK THOSE WHO RESPOND TO THEM. IT IS YOUR CHIZZUK AND YOUR KEEPING ME ON THE BALL - TO CONCENTRATE ON WHAT WE ARE REALLY TRYING TO ACCOMPLISH HERE, WHICH IS; MORALITY, KEDUSHA, YIRAS SHAMAYIM, ETC.

I ALSO WANT TO THANK ALL MY CHAVEIRIM HERE. I AM SO ENGROSSED IN TORAH ON THIS SITE, IT IS REALLY A KIDDUSH HASHEM.

THE SADDEST THING ABOUT THIS SITE IS THAT WE CAN'T ACTUALLY MEET ONE ANOTHER.

WE NEED TO DAVEN TO HASHEM: "*LEV TAHOR BI-RAH LEE ELOKIM VI-RUACH NACHON CHADESH BIKIRBI*".

OFTEN TIMES WE THINK, WHAT DOES THE Y"H WANT FROM ME? AM I GOING TO TAKE THIS WITH ME TO MY KEVER?? THE TERETZ IS, MORAI VIRABBOISAI, THERE ARE YIDDIN HERE ON THE FORUM WHO ARE LIVING PROOF THAT IT IS NEVER TOO LATE IN THE GAME TO CHANGE COURSE!!!

HUMBLE AND HAPPIER THAN EVER,
BARDICHEV

Ahron writes:

Before my recovery began almost 11 months ago, I was emotionally DEAD. Although I learned Torah, I did not relate to it, I did not really relate to anything. I felt disconnected from life and could mimic but not **experience** it the way others did. My recovery has been, at times, pure, unadulterated bliss! I can feel for the first time! I'm like a drunk with a bottle, except that this is a GOOD bottle, I cannot get enough of being emotionally ALIVE. It's a new toy for me, and one of my first goals is to connect for the first time to Torah and Hashem. This site is a great source of inspiration, chizuk and mussar and I've been learning and listening to shiurim on hashkafa and mussar offline as well. Today, I find that my heart is filled with the desire to do the ratzon haboray.

Nura's Ramble (at 90 days clean)

I ask the genteel reader to forgive me in advance if my literary attempt may not adhere to the rules of grammar and diction, and this "rant" may even come up lacking in style and prose, for its not literary awards that I seek, nor is fame and glory my goal, rather this is a very humble attempt to present a few snapshots of my life and **my tremendous Debt of Gratitude to the Heileger Guard and all the holy chevra of the GYE network.**

It is my deepest wish that the following "ramble" give others who read it succor, comfort and maybe even a little strength to continue our mutual upward climb on the proverbial "ladder" leading to the "House of Hashem"!

My Nature

By nature I'm an introverted and intensely private person who likes the pleasure of his own company (pun unintended). This is a precursor to lonesomeness, which in turn is lethal when it comes to p**n addiction!

I also struggled all the years with what today I recognize as a mixture of low self esteem coupled with very high aspirations; a toxic and deadly mix. My work also doesn't allow me to tap into the wellsprings of strengths that can be found in camaraderie!

My struggle with mast**n began in earnest when I was about 15 years old – maybe even earlier, (yes, those ubiquitous infamous Sears catalogs are what I owe my chinuch to; all you parents out there **BEWARE**, I beg you to get rid of the catalogues from your house!!!! You know which ones I mean!)

I remember as a young man going to Manhattan in middle of the night to buy p**n magazines - I probably even wore my white shirt but made sure to take off my yarmuka! (as if it didn't say across my forehead in bold letters "ORTHODOX JEW" hiding from no one other than myself). In my excitement/nervousness I locked the keys inside the car. I didn't think I could've called *Chaveirim* (A HUGE network of chesed in The NY Metro area), I doubt they respond to Times square/42nd street area in middle of the night. But the Ribono shel Olam was with me even in Times Square, as the Pasuk says "*I am Hashem who dwells with them within their impurities*" – literally!

I come from a family of Talmidei Chachamim and Tzadikim, some of my ancestors are actually household names (talk about GUILT). Some people consider me a learned person or maybe even a bit of a Talmid Chacham, some may even consider me a tzadik, who knows? (It's now ringing loudly in my ears the oath that I took before they let me loose upon this world: "swear that

you will be a tzadik and you won't be a rasha, and even if the whole world tells you that you are a tzadik, in thine own eyes know who you really are!!!!!!!!!!!!!!). But all my lineage, knowledge and erudition; all my alleged piety, was – and is – no protection from a very real p**n addiction. On the contrary, it only made the addiction worse. No need to belabor that point!!!

My last fall and The GYE Network

Having been clean for about a year, I had just completed a huge project at work and was drained both emotionally and physically. At this point I can't even remember what actually triggered the fall, and it's not very important. **But what a spectacular and magnificent crash it was!!!** The only thing I know was that I was in such a slump, that it seemed nothing could pull me out, not Purim, not the upcoming Pesach holiday, nothing. I was as frigid and indifferent as could be, so cold and indifferent that I actually was frightened for my own sanity. I was coasting and getting by at work, and in my family life it was all just going through the motions for the sake of my wife and children, and just barely that! It was as if the life was sucked out of me, time had stopped... hours on end, clickin 'n surf in you know where... (maybe it's better you *don't* know where).

All the king's horses and all the king's men couldn't put Nurah back together again until...

Enter the GYE network and the holy Chevra!

How did I find the GYE network, you ask?

Good old Google!!! I don't remember what I was Googling but I definitely remember that it was Google that brought me here. As the saying goes: "From the wound itself came the healing". The very same Google that took me into *sh'eol tachitis*, **that very same Google** brought me my life preserver..... **all of you on the GYE network** 😊

One of the stated goals of the GYE network is the concept of "**Hitting bottom while still (relatively) on top**" (*Admin: see Chizuk e-mail #441 on [this page](#)*). GYE was to me exactly that; a giant baseball bat right between the eyes letting me know in the clearest of terms: **Buddy, shape up before you lose it all!**

GYE lifted me up by the scruff of my neck and shook me till my teeth rattled!!

GYE shouted at me LOUD and CLEAR in the strongest language possible "Hey Nurah , if you want to avoid the indescribable pain that some of the chevrah write about, you better take yourself in hand and admit that you are an addict"

A Filter & Ninety days

Because I thought I was immune to the wiles of the *Yetzer Hara* I had been lax in installing a no-nonsense filter. I must thank the Guard and [the GYE filter page](#), and some of the posters who stressed over and over the monumental importance of having the strongest filter possible and giving the password to someone else – as I have since done. (Admin: See [here](#) for instructions on how to do this best).

And Kudos to the brilliantly conceived [90 Day Wall Of Honor](#), a fabulous motivator.

Yet, I "celebrate" 90 days today with the greatest of caution. For me, Nurah, the 90 day mark must remain a mere "mile marker" on the journey of the "rest of my life", that is all. I pray that I will not succumb to any feeling of having "arrived" anywhere, because it's this very feeling of "arrival" that leads to the complacency – which gets me into trouble every time!!!

In conclusion

I learned from all my masters on the forum (yes, I consider all the holy *chevrah* on the forum my *rebbe'im* and masters – each and every one of you – more then you will ever know):

Arrogance preceded and precipitated my fall, and only genuine *anava* (humility) will lift me up and sustain my recovery!

Reb [Dov](#) and others have so eloquently posted on the forum that **SOBRIETY is a gift from the Almighty. And it is my deepest prayer that we all continue to be worthy of this great gift from Hashem, the GIFT OF SOBRIETY..... THE GIFT OF LIFE!!!!**

Ari M. writes:

Hi. I just wanted to drop you a *nachas* note. Almost 3 months ago I had a baby. In the past, when I had a baby and my wife was *assur* to me, it was no problem, I just did the wrong thing. This time I was determined to see how strong I really am. It was a long haul. A couple of times my wife counted six days and on the 7th she started bleeding all over again. But instead of saying "oh now for sure I have an excuse to act out" I said "Hashem is forcing the 90 days on me and he knows how many days I need in order to really fix myself", and so I held out. Over the weeks it got a lot easier, until it came to a point where I was looking forward for my wife to become *tahor* - not because of relations we would have, but because I truly missed her. I began to see her in a different light, as a human being, someone Hashem gave to be close to and enjoy each others company. Well after 10 weeks and finally the day came. It was a beautiful experience and guilt free. I'm so proud of myself.