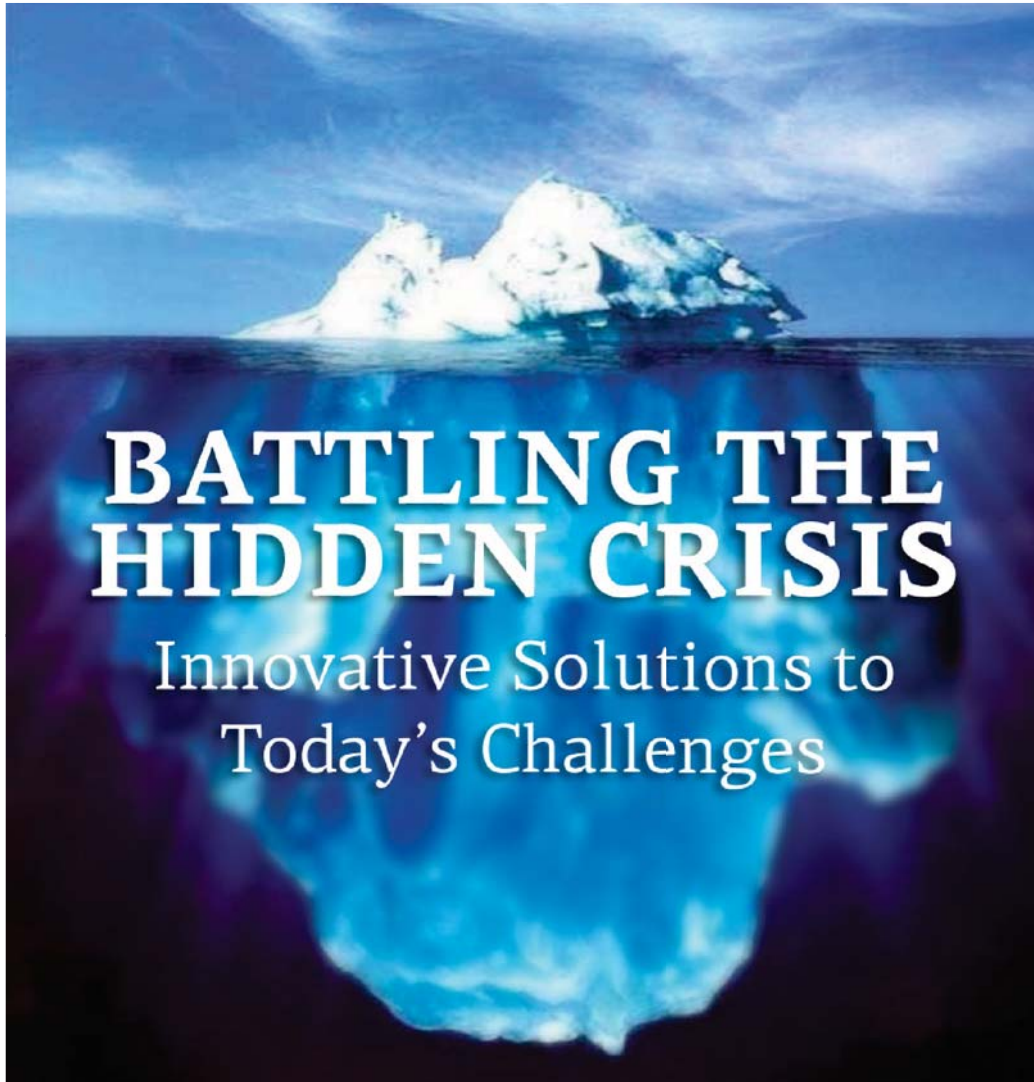




Guard Your Eyes
Maintaining Moral Purity in Today's World



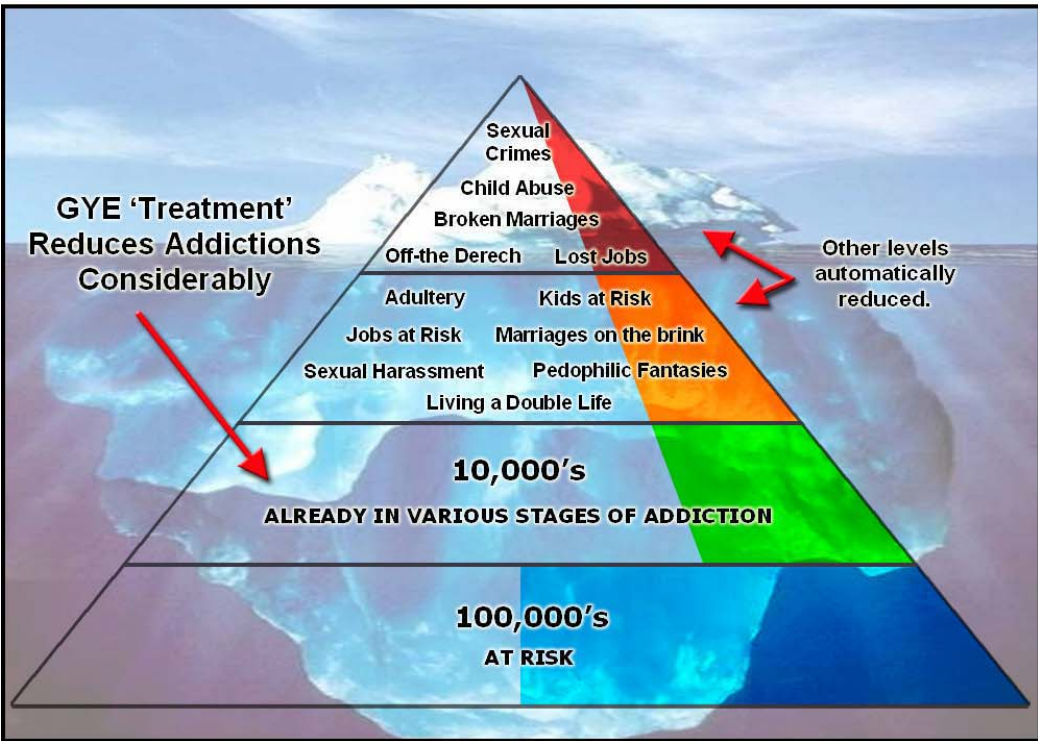
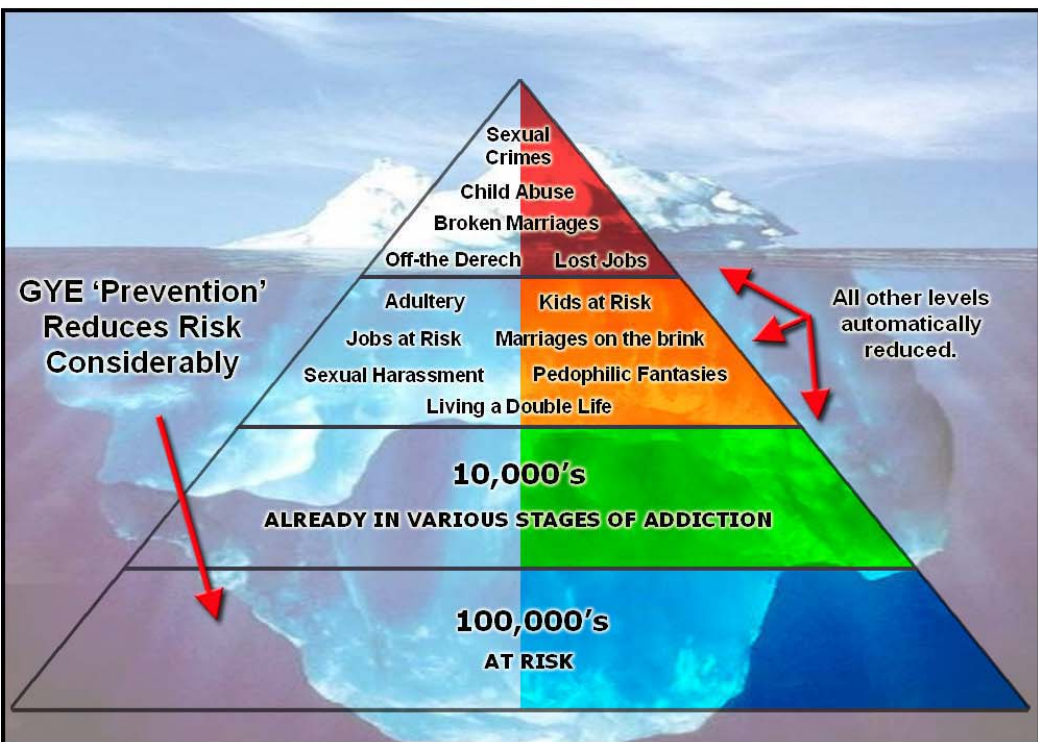
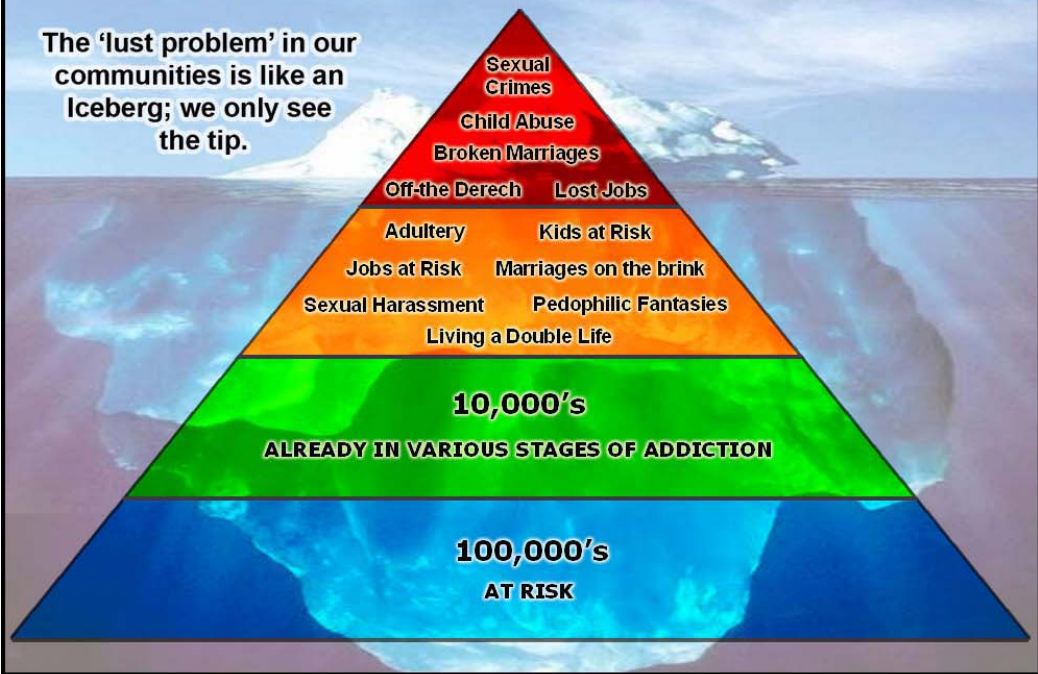
BATTLING THE HIDDEN CRISIS

**Innovative Solutions to
Today's Challenges**

Donations are tax deductible in the U.S. Checks can be made out to: "GYE Corp." and mailed to:
GYE Corp. P.O. Box 32380, Pikesville, MD 21282, U.S.A. / On-line Donations: www.guardyoureyes.com/donate
E-mail: eyes.guard@gmail.com / Israel Office: 972-2-5805921 / GYE Hotline: 646-600-8100 / Venishmartem Hotline: 718-GET-HELP

The Hidden Crisis

The 'lust problem' in our communities is like an iceberg; we only see the tip.



הרב אהרן פעלדמאן
RABBI AHARON FELDMAN
409 YESHIVA LANE, BALTIMORE, MD 21208
TEL.: 410-653-9433 FAX: 410-653-4694
STUDY: 410-484-7200 EXT. 114

ROSH HAYESHIVA
NER ISRAEL RABBINICAL COLLEGE

ראש הישיבה
ישיבת נר ישראל
בס"ד

September 16, 2010
ח תשרי תשע"א

TO WHOM IT MAY CONCERN:

There is an international scourge attacking the Jewish People: this is the widespread addiction to viewing inappropriate material and other related behaviors. Fueled mainly by the accessibility and anonymity of the Internet, this scourge threatens to tear apart the fabric of Jewish life and undermine one of its major foundations, that of *tzenius* and *kedusha* (moral restraint).

This addiction has spared no class of Jews: from teenagers to adults, from office workers to kollel members, and from single to married men. Thousands of lives and marriages have already been ruined because of this relentless temptation.

The Guard Your Eyes organization has undertaken to stem this tide of destruction. By utilizing methods which have proved successful in treating other addictions, and by providing constant encouragement, support and strategies to victims, Guard Your Eyes has successfully helped wean hundreds, if not thousands, from these destructive addictions and has helped return them to normal life. All this has been done on a meager budget and a great deal of self-sacrifice.

I have seen the materials and handbooks which this program distributes and have only praise for its methodology and approach to the problems of the addicts. Everything which I have seen conforms to the highest standards of Torah values. I highly recommend anyone who suffers from this problem to avail himself of this effective program.

In addition to aiding overcome these addictions, Guard Your Eyes also performs a vital function in preventing the spread of this scourge by raising public awareness of its dangers and by offering various preventive measures.

Guard Your Eyes is the only weapon we have today at our disposal in dealing with this widespread problem. Their work is critical for the protection of the sanctity of the Jewish People and is worthy of the encouragement and financial support of every Jew.

May HKBH grant the Guard Your Eyes organization the wisdom, the strength and the means to continue and expand its holy work, and may it help return the Jewish People to becoming a nation regarding whom it is written, והתקדשתם ויהייתם קדושים ("Sanctify yourselves and you shall then be holy").

With deep respects,

Aharon Feldman
Aharon Feldman

אני מסכים לכל כ"ח
אזכר את תומא ז"ל
אברהם חיים לוין

ראיתי את המכתב ש נמנהו מיני
והי' יחזק את אגמ בויס א חיובן
אנה זח הכנסה כי גנו גנוס
אני אס' יס' חו
שרגא האגר (אדמו"ר מקאסוב)

Shlomo Eliyahu Miller
RAV SHLOMO ELIYAHU MILLER
Rosh Kollel of the Kollel Avreichim Institute, Toronto

Abraham J. Twerski
Rabbi Abraham J. Twerski, MD
Founder, Medical Director Emeritus

קדושתו ולבנה וסמלה פשוטה
קפדון אחרון אלוסלמולד
בניפין א. אייזענבערגער

זשוי עמק זשוי חלקין
זשוי הימ"ב זימ דל דין
דין אהרן
פנימין
מוטה פראנק

נסך יצחק ראזענפעלד
מ"צ
בבית הוראה שכח הלוי
מאנסי נ"י
יוסף צחק ראזענפעלד

ר' יצחק אלעזר מאסקאוויטש שליט"א
רב דקהל דרך ים - שאץ, ונשיא ישיבת אור תורה - מאנסי

הבית קיים כ"ח
Shlomo Miller



"There is an international scourge attacking the Jewish People which threatens to tear apart the fabric of Jewish life. It has spared no class of Jews: from teenagers to kollel members, from office workers to rabbis, and from single to married men. "Guard Your Eyes" has successfully helped to wean hundreds, if not thousands, from pornographic addiction. It's actually the only weapon we have at our disposal."

Rabbi Aharon Feldman,
Mo'etzes Gedolei HaTorah of America



"I doubt that at any time in our history has there been as grave a threat to the morality of our people and to the stability of the Jewish family as the plague of addiction to internet pornography. It has ruined more marriages than anything. It has ruined families. It's been terribly destructive. And the only weapon we have against it, the only one, is GuardYourEyes, which is saving lives and families."

Rabbi Abraham J. Twersky, MD

Background

The Guard Your Eyes organization has been relatively unknown until recently, but with the expansion of its efforts and proven success, it is becoming known throughout the Jewish world today as the number one resource for dealing with the growing problem of the struggle with inappropriate materials on the Internet and related behaviors in our communities.

Fueled mainly by the accessibility and anonymity of the Internet, this affliction has spared no class of Jews all across the religious spectrum. This widespread problem is destroying more peoples marriages and Yidishkeit than almost anything else today. Many of the social ills afflicting the Jewish community today such as youth-at-risk, broken marriages and even child abuse can be traced back to this issue. Much of our communities investments in education today are being undermined by the strong-pull of these temptations.

GuardYourEyes.com - Treatment

In four years of operations, with a meager yearly budget and minimal advertising, Guard Your Eyes has helped over 1,000 Jews get back on a path of sanity, healing and self-control. This has been accomplished through the many features of our network which include a website, forums, handbooks, chizuk e-mails, hotlines and 12 step phone conferences and groups. The achievements to date would mark an unprecedented success for even the best of multi-million dollar rehab centers dealing with different types of addictions.





Username: [input] Password: [input] login
[Forgot password?](#) | [Create an anonymous account](#)

Help us help others \$ [input] [Donate](#)

- Home | Tools | Filters | GYE Program | Articles | 12 Step Program | Therapists | Ebooks | Kosher Isle | Special Resources

Caught in the *shmutz*? You're in the right place!

Guard Your Eyes (GYE) is the leading resource in the Jewish world for those struggling with inappropriate material, ranging from teenagers who have just begun to stumble – all the way to those with full blown addiction. Our tools were developed with guidance from the best experts in the field, and through the personal experience of hundreds of Jews who successfully broke free. All our services are anonymous, free of charge and globally accessible.

Start Now:

- [Download the GYE handbook](#)
- [Subscribe to the GYE Chizuk Emails](#)

Email: [input] [SUBSCRIBE](#)

[Click here](#) to open a new anonymous email account (e.g. StrugglingYid@gmail.com)



Anonymous Poll

- I've tried to stop many times but wasn't successful.
- I haven't given stopping a serious effort, but I'm ready to try.
- I've managed to stop on my own.
- I'm a GYE member and I've made good progress.

[VOTE](#)
or see results



Tools 149 guests and 4 members online [Become a Member](#)

 1st Time Here?	 GYE Program	 Chizuk Emails	 Filters	 90-Day Journey	 TaPHSiC Method
 Forums	 Chat Rooms	 Helplines	 Phone Conferences	 Partner Program	 Live Groups

Featured Categories

Testimonials 	Stories 	Q & A 	Tips
Torah 	Chizuk 	12-Step 	Rabbi Dr. Abraham Twerski

News

GYE Mentioned in New Book
GYE Admin: We Never Had Such Volume Of Requests For Help
A Professional's Response To Internet Addict

[More News](#)

Testimonials

Thank you for everything!! There are simply no words. I wish there were, then I could say them. So for now, thank you is going to have to be enough.

[More Testimonials](#)

Know Someone who Needs Help? 	Resources for Wives of Strugglers 	Resources for Women Strugglers 	Resources for SSA
Become a GYE Member 	Stay Anonymous 	Volunteer 	HELP US HELP OTHERS Donate Now

We attribute our success to 5 factors:



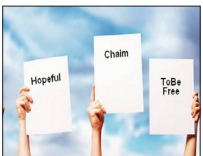
1) Experience:

The tools of our recovery program were developed with guidance from the best experts in the field and through the personal experience of hundreds of dedicated Jews who successfully broke free of their addiction and are determined to help others.



2) A Novel Approach:

Our recovery system is not only unique for the Jewish community, but unique in the world, in that we address the many different levels of addiction with a program that uses progressively more "addiction oriented" tools based on the level of the dependence. For example, there are many people who just started to slip in these areas and can get out of it with the proper perspective, filters, some basic safe-guards and some accountability. Others need far more intense solutions, such as our 12-Step phone conferences and referrals to live 12-step groups and therapists. All in all though, this program promises a solution for everyone, no matter how advanced the addiction may have progressed.



3) Anonymity:

The many tools and services on our network are mostly either on-line, in print or by phone. What makes this so powerful is that it ensures complete anonymity for those who turn to us for help. This is one of the greatest secrets to our success, because anonymity, especially in these sensitive areas - and all the more so in the religious community, is one of the main inhibitions of people reaching out for help.



4) Accessibility:

We harness the very power of instant accessibility of the internet which has fueled this epidemic, to reach and help thousands of Jews throughout the world that conventional therapeutic approaches would otherwise not be able to reach.



5) Providing Hope:

The inherently pure Jewish souls caught in this addiction are often just yearning for a helping hand to give them that extra push they need to break free. By finding that they are not alone and that hundreds of others have succeeded through our tools, they are instilled with the determination and courage to change.

GuardYourEyes.com/Prevention

Our prevention website is helping prevent hundreds of Yidden from falling into these pitfalls through education and awareness. This is accomplished by providing daily shiurim and chizuk e-mails on Shemiras Einayim, articles and tips, eBooks written by experienced mechanichim and therapists such as "Dear Bochor" and "Protecting Our Youth", and by giving practical tools on how to deal with the tests of today's environment.



Guarding our eyes is one of the greatest tests of our generation.

Our spiritual wellbeing, the purity of our children and Shalom Bayis all depend on it. GYE has been created to provide an answer to these challenges in today's difficult environment. Whether you are looking for protection or chizuk for yourself, or if you are a parent or mechanech looking to protect your youngsters, you'll find the tools, help and advice you need on this site.

Subscribe to Shmiras Einayim Chizuk Email



Want to get stronger in Shmiras Einayim every day?
[Join our phone conference](#)

DROWNING IN THE INTERNET?

CAUGHT IN THE SHMUTZ?

Guard YOUR Eyes

GYE's Filter Division

For Parents & Mechanchim

Featured tools



Chizuk Emails



Phone Conferences

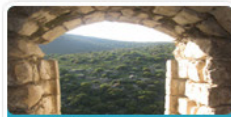


Forums



Guarding Our Eyes

eBooks



Windows of the Soul



Dear Bochor



Guarding the Eyes



Protecting our Youth Experts Speak

Featured Categories



Chinuch & Parenting



Tips



Questions & Answers



Chizuk

Spotlight



Rabbi Bentzion Twerski

The long term answer lies in addressing the root cause.



Rabbi Lazer Brody

A Great Video Shiur on Shmiras Ainayim called "Eyes of Holiness".



Rabbi Mayer Twerski

A talk with Dr. David Pelcovitz on Maintaining Kedusha.



Rabbi Zecharia Wallerstein

Shiur on shmiras einayim called "challenges of summer".

Resources & Links



Audio



Video



Websites

Also see:

- "Ask Halacha Sheilos Anonymously"
- Item test date text 2
- "Item 3sample data."
- Item 4 text date sample text

[More](#)

Know Someone who Needs Help?



HELP US HELP OTHERS



Become a GYE Member



News



The Second GYE Kumzitz: A Smashing Success!

Testimonials

I would like to say thank you for mamash saving my life and my family. I would go on but I would only fall short of

Venishmartem.com - Filtering Solutions

GYE has recently launched a website completely dedicated to helping people with filtering solutions. Besides having the most up-to-date information always available on our website for every type of digital device, we also have dozens of certified computer technicians from communities around the world who offer free help for anyone who wants advice or hands-on assistance with installing filters. Through our professionally manned hotline, support-chatting and advanced help-desk system, people all over the world can get the help they need from the comfort of their home.




Home Filter Tools About Us Haskamos Get Filter Help Articles Help us help others \$ [Donate](#)


GET PROTECTED.

Guarding our eyes is one of the greatest tests of our generation. Venishmartem has been created to provide an answer to the digital challenges of today's difficult environment.


What devices do you have?




Desktop or Laptop




Blackberry



Android Devices




iPhone iPad or iPod




Other

Need More Help?




Find a Technician

Search our database and find a technician to help you free of charge.



Help Desk


Contact our support team, and we'll get back to you.



Live Support ONLINE


Support Chat

Chat online with an available technician.




Hotline

Speak with a live representative.




Forums


Ask questions on our community forums.




Why do I need a FILTER?




REMOVE Wi-Fi™ from your Laptop



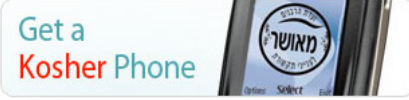
Reporting Software



Tech savvy? Volunteer!




Technician Corner




Get a Kosher Phone

Spotlight



Resources & Links



תרומ

\$

עזור למ
לעזור לאחרים

שמור עיניך GYE

דף הבית הסכמות מי אנחנו? התכנית גישה נכונה כלים שאלות ותשובות מאמרים 12 צעדים עזרה לנשים קישורים צור קשר

סקר אנונימי

- ניסיתי להפסיק פעמים רבות, ללא הצלחה
- לא ניסיתי באמת להפסיק, אבל אני מוכן לנסות
- הצלחתי להפסיק במוחות עצמי
- אני חבר ב-GYE והצלחתי להפסיק



חצבע

טובע בפיתויי האינטרנט? רוצה להפסיק? אתה במקום הנכון.

שמור עיניך (GYE) נוגנת מענה יחודי להתמודדויות עם צפיה בתכנים לא נאותים באינטרנט, החל ממקרים של צעירים שרק התחילו למעוד וכלה במקרים הקשים ביותר של התמכרות. הכלים שאנחנו משתמשים בהם פותחו בהדרכתם של מיטב המומחים בתחום ההתמכרויות, ומתוך ניסיונם האישי של מאות מורים שהצליחו בעצמם להשתחרר. השירותים שלנו הם אנונימיים לחלוטין ולא תשלום.



התחל את המסע: הרשם למייל החיזוק היומי
וקבל את מדרוך התוכנית של GYE

הרשם

אימיל

לחץ כאן לפתיחת כתובת אי-מייל אנונימית (לדוגמא: NewMan@gmail.com).

כלים עיקריים

שיטת TaPHSiC

מסע בן 90 יום

פילטרים

עלוני חיזוק במייל

התכנית של GYE

פעם ראשונה באתר?

מפגשים בקבוצות

תרפיה

תכנית השותפים לדרך

קבוצות טלפונית

הקו החם

הפורום

מדורים נבחרים

עזרה לנשים

עזרה לבני זוג של מכורים

12 צעדים

מאמרים

שאלות ותשובות

עזרו לנו לעזור לאחרים תרומ עכשיו

שמור על אנונימיות

התנדב

מכיר מישהו שצריך עזרה?

חזור את מדרוך התוכנית של GYE

הרשם למייל החיזוק היומי

הרשם

אימיל

לחץ כאן לפתיחת כתובת אי-מייל אנונימית (לדוגמא: NewMan@gmail.com).



Identifiant: [input] connexion Mot de passé oublié? | Créer un compte anonyme

Aidez-nous à aider d'autres \$

Aidez-nous

- Accueil Forum Outils Le programme GYE Articles Programme des 12 étapes A propos Informations supplémentaires

Noyé dans Internet? Vous êtes au bon endroit!

Guard Your Eyes est l'unique ressource dans le monde Juif, pour ceux qui luttent contre la visualisation de sites au contenu inapproprié, allant des adolescents qui ont juste commencé à tomber jusqu'à ceux plongés dans l'addiction. Nos outils ont été développés sous les conseils des meilleurs experts dans ce domaine, et à travers l'expérience personnelle de centaines de Juifs qui se sont libérés avec succès. Tous nos services sont anonymes, gratuits et accessibles à tous.

Commencez maintenant:

- Téléchargez le manuel GYE
- Inscrivez-vous aux emails de H'izouk GYE

E-mail [input] S'INSCRIRE



Sondage anonyme

- J'ai essayé d'arrêter plusieurs fois, sans succès. (541)
- Je n'ai jamais fourni de sérieux efforts, mais je suis prêt à essayer. (360)
- Je suis parvenu à arrêter de moi-même. (59)
- Je suis un membre GYE et j'ai fait de bons progrès. (497)

Total votes: 1457

Cliquez ici pour créer une adresse email anonyme (ex: grandir@gmail.com)

Outils

29 invités en ligne [Devenez membre](#)



Rubriques spéciales

Témoignages



Histoires



Q&R



12-Etapes



News

- Mazal Tov to "ClearEyes"
- Spreading the Flyers and Prevention Manuals
- GYE Presentation to Vaad Roshei HaYeshivos of TU

En savoir plus...

Témoignages

It is an incredible website. I am still under shock and surprise of the unbelievable treasure Hashem has guided me to.

En savoir plus...

Vous connaissez quelqu'un qui a besoin d'aide?



Devenez un membre de GYE



Restez anonyme



AIDEZ-NOUS A AIDER D'AUTRES

Donner



ברוכים הבאים!

איר זענט אנגעקומען צו דעם וועבזייטל היט דינע אויגן וואס איז געגרינדעט געווארן דורך די ארגאניזאציע "גארד יור אייז". די ארגאניזאציע איז געפענט געווארן מיט'ן איינעם ציל צו העלפן ישראל קדושים זיך צו קענען דערהאלטן אין די שווערע נסימות פון שמירת עינים און עיני קדושה איבעראל און איבערהויפט אויפ'ן אינטערנעט.

[ליין וויטער](#)

שרייבט זיך איין צו באקומען טעגליכע חיזוק אי-מעילס

[איינשריבן](#)

אי-מעיל

אפטיילונגען

הילף ליניעס

רעדט זיך אדורך מיט מומחים



נייציג-טעג רייזע

שפרינג אריין און פאנג זיך אן אויסהיילן



הענטביכעל

דאנלאוד די GYE האנט-בוך: פראקטישע עצות, צוגאנג און פרעספעקטיוו.



פארומס

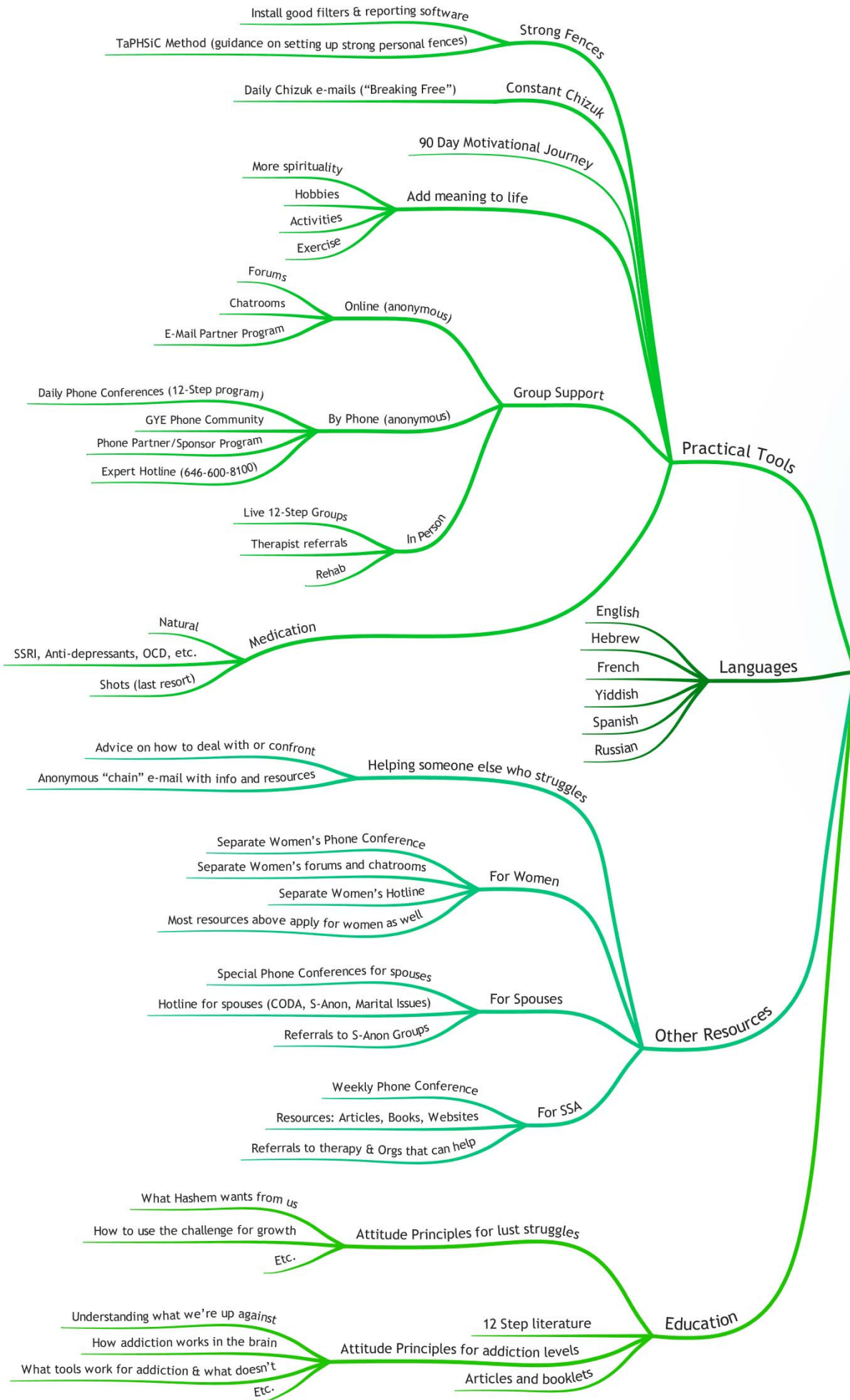
א פלאטפארמע פאר די וואס מוטשען זיך אין עיניי קדושה.



אן אויסהיילונג פלאטפארמע פאר אידן וואס מוטשען זיך מיט פראבלעמען אין עיניי קדושה

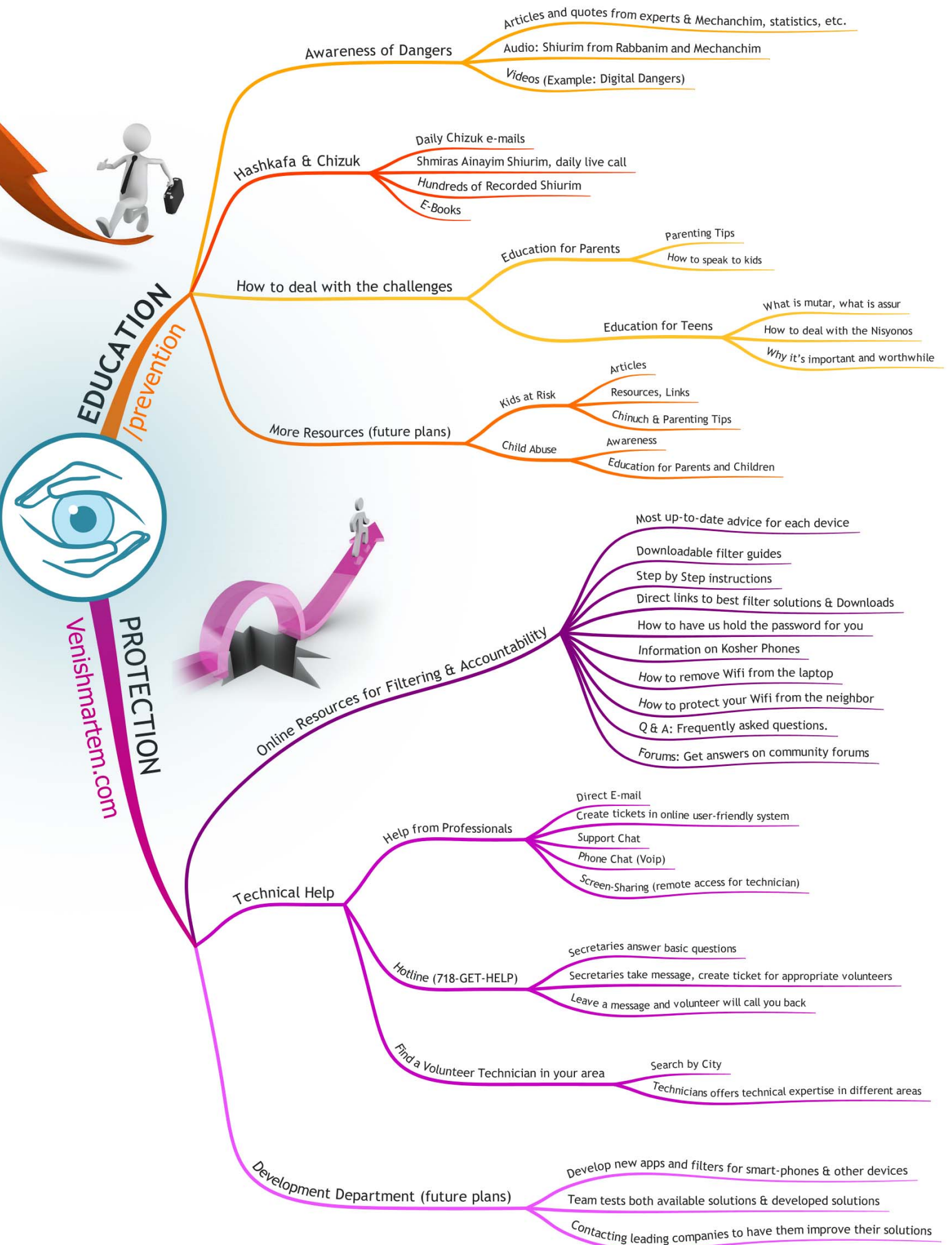
<p>לעצטע מעלדונג דורך א צובראכענע איד אין טעמע: ווי איז ער? ג' - יוני 27, 2012, 01:41:45 PM</p>	<p>1034 מעלדונגען 25 טעמע'ס</p>	<p>ברוכים הבאים! ברוכים הבאים צו אונדערע פורום! דא קענטו זיך פארשטעלען פאר'ן עולם (נישט מיט דיין פאקטישע נאמען, זעלבסטפארשטענדליך), און ווערן ווארעם אויפגענומען ביים חשובע'ן ציבור!</p>
<p>לעצטע מעלדונג דורך א צובראכענע איד אין טעמע: שיישים גבורים סביב ... ג' - יולי 10, 2012, 12:41:24 AM</p>	<p>2266 מעלדונגען 66 טעמע'ס</p>	<p>רייטט זיך אפ! אן אויסהיילונג פלאטפארמע פאר אידן וואס מוטשען זיך מיט אדיקשען צו שמוץ, הוז'ל, ווי אויך אנדערע פראבלעמען אין עיניי קדושה. דא קענט איר שרייבען איבער אייער געראנגל, אונטער דיין 'סקרין נאמען' -אן קיין מורא פון 'מה יאמח'. פרעג שאלות, שרייב תשובות, און ווער מיר דערהויבען! קריג פראקטישע עצות מיט הדרכה פון די עקספערטס (מבינים) וואס פירען דעם פורום, און אויך פון די אנדערע געראנגעלער'ס.</p>
<p>לעצטע מעלדונג דורך עזות קדושה אין טעמע: שליש ריינע טאג בוך ג' - יולי 12, 2012, 11:32:16 PM</p>	<p>4662 מעלדונגען 46 טעמע'ס</p>	<p>דער וואנט פון השי"ת'ס נכוד עס איז ארויסגעקומען א שטודיע אז עס נעמט 90 טאג צו טוישן די אייגענפונדעוועטע ליניעס וואס האבן זיך אנטוויקלט אין די מוח פון א מענטש דורך זיין אדיקשאן. הייבט אן צו שרייבען אייער טאגבוך איבער דיין ארויפגאנג ביז צום כימיגערא! קוק איבער די תקנות דא http://guardyoureyes.org/woh/WOHRules.php, און אונדערע ספעציעלע '90 טאג שטארט' איז דא צו באקומען http://guardyoureyes.org/woh/90day.php.</p>
<p>לעצטע מעלדונג דורך עבודת הבורא אין טעמע: עיצות פון דע מעבע... ג' - יוני 28, 2012, 05:20:25 PM</p>	<p>358 מעלדונגען 10 טעמע'ס</p>	<p>אזוי איז עס מיר געלונגען... האסט געשטיגען? מצליח געווען? ברוך ה'! קויף זיך איין א טאפעלעס זכיייה - זיי מזכה את הרבים (שאין חסא בא על ידו!). שרייב איבער די פראקטישע עצות און געדאנקען וואס זענען די בעסטע געלונגען אין דינע רייזע צו ריינקייט, אדער גיב איבער המלצות וואס דו האסט געהערט פון אנדערע אז ס'האט פאר זיי געארבעט.</p>
<p>לעצטע מעלדונג דורך מביש אין טעמע: קדוש, קדוש, קדוש, ... ג' - יולי 03, 2012, 09:57:12 AM</p>	<p>365 מעלדונגען 15 טעמע'ס</p>	<p>לאמיר שטייבן און אלגעמיין זע אינעווייניג "די ציל און תועלת" פון די דאזיגע פארומס. ווי אויך, וואספארע מאשים זאלן געפענעט ווערען און די פארומס</p>
<p>לעצטע מעלדונג דורך שטייהעכער אין טעמע: מודעה חשובה די ני... ג' - מאי 08, 2012, 03:57:20 PM</p>	<p>258 מעלדונגען 16 טעמע'ס</p>	<p>מעלדונגען דעם טאוועל איז פאר די וועבמאסטער פון ה.ד.א. (היט דינע אויגען) צו מעלדן דעם עולם איבער חשובע מעלדונגען. איר מעגט שרייבען אייער הערעט אונטער די מעלדונג, אבער מ'קען נישט עפענען דא קיין נייע פעדעמער.</p>
<p>לעצטע מעלדונג דורך עבודת הבורא אין טעמע: פרשת "פנחס" "צירור" ... ג' - יולי 10, 2012, 01:07:32 PM</p>	<p>665 מעלדונגען 46 טעמע'ס</p>	<p>בית המדרש אם פגע בך ממבל זה משכה ל - בית המדרש! דעם טאוועל איז נאר פאר דברי תורה איבער אונדערע מלחמת היצר, מפרדס התורה -תנ"ך, חז"ל, מוסר וחסידות. דא וועט מען נישט מעלדן איבער אונדערע מוטשעריי אונד געראנגל מיט'ן בעל דבר, אונד מ'וועט נישט פארהאלטן קיין געבאסע -בלויז תורה אלייך!</p>
<p>לעצטע מעלדונג דורך א צובראכענע איד אין טעמע: נאר א קורצע באגרייס ג' - יוני 27, 2012, 10:37:11 AM</p>	<p>1888 מעלדונגען 22 טעמע'ס</p>	<p>פאליש די קאווע שטיבל געפונט זיך דא! קומט אריין צו דעם נאפן א גלעזל קאווע, פארברענג אונד שמוסטן מיט די חברייא, און זיך דערקוויקן מיט א מילתא דבדחמותא... כי בשמחה נתצאו!</p>

GYE RESOURCES



TREATMENT
GuardYourEyes.com

Our approach for dealing with today's challenges



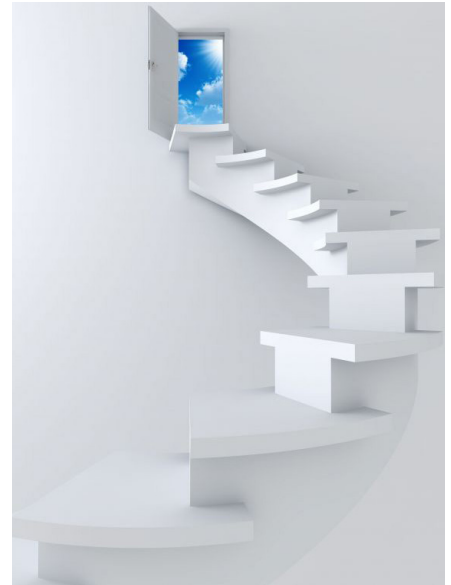
Challenge for the Future

On the one hand our achievements have been considerable, but on the other hand, it's only a drop in the ocean when considering the tens of thousands of Jews who are either struggling or who are at risk of stumbling into these destructive behaviors.

We are currently expanding our "Treatment" options by building the framework to accommodate thousands more through an improved and expanded website. Due to the worldwide demand for our services, we are also in the process of translating our network into Hebrew, Yiddish, French and Spanish. With our expanded framework and proper advertising, we can reach the tens of thousands who struggle in these areas.

With the launch of Venishmartem, we are quickly becoming known as the leading viable solution in the Jewish world, offering free filtering help. Due to the increasing awareness of the dangers of technology, we are being flooded with calls for help and advice. We are constantly expanding our team of volunteers, and building the most professional framework possible to enable us to help tens of thousands of Jews world-wide. Additionally, efforts are being made at the community level to assist rabbanim to install internet-safety tools in their kehilos.

We devised the following plan for expansion due to the urgency of the need, our proven success, and the confidence in our ability to help many thousands of Jews, in both the areas of Treatment and Prevention. We estimate that within one year, with a relatively modest budget, we will be able to increase our reach ten fold, and that we can, bs"d, in subsequent years help halt this epidemic. We sincerely believe that our project is critical to the hatzala of the Kedusha of Klal Yisrael.



GYE One Year Plan

The following one year plan includes creating the framework and the advertising to reach out to the tens of thousands of Jews who need help in the areas of treatment and prevention. We are hopeful that with this plan, the GYE network will become self sufficient through the donations of those helped.



ONE-TIME EXPENSES - WEBSITE DEVELOPMENT	
English (guardyoureyes.com, venishmartem.com)	25,000
Hebrew (gye.org.il)	15,000
Yiddish (guardyoureyes.com/yid)	5,000
French (guardyoureyes.fr)	5,000
Spanish (guardyoureyes.com/spanish)	12,000
Total One-Time	\$62,000

ONGOING EXPENSES		
	Monthly	Yearly
Executive Director & Addiction Therapist	4,500	54,000
Websites Administrator - Guard Your Eyes	4,500	54,000
Website Administrator - Venishmartem	4,000	48,000
Venishmartem Hotline Answering Service	1,000	12,000
Advertising	3,600	43,200
Offices: expenses, phone lines, servers, hosting costs, etc.	3,000	36,000
Total Ongoing		\$247,200
Grand Total		\$309,200



Sponsorship Opportunities

Advertising GYE	1 Week	\$450
Advertising Venishmartem	1 Week	\$450
GYE Hotline Expenses	1 Year	\$600
Total Advertising	1 Week	\$900
Venishmartem Hotline Answering Service	1 Month	\$1,000
Venishmartem Hotline Expenses	1 year	\$1,200
Advanced Help-Desk System		\$1,250
1,500 Filter Guides to Distribute at Assifos		\$1,500
All Advertising	2 Weeks	\$1,800
Office Rent and Expenses	1 Month	\$3,000
All Advertising	1 Month	\$3,600
Yiddish Website Completion		\$5,000
French Website Completion		\$5,000
Venishmartem	1 Month	\$5,500
GuardYourEyes Administration	1 Month	\$10,000
Venishmartem Hotline Answering Service	1 Year	\$12,000
Spanish Website		\$12,000
Hebrew Website Completion		\$15,000
All Ongoing Expenses	1 Month	\$21,100
English Website Completion		\$25,000
Office Rent and Expenses	1 Year	\$36,000
All Advertising	1 Year	\$43,200
Venishmartem Web Administration	1 Year	\$48,000
All Web Development Expenses		\$62,000

Donations are tax deductible in the U.S.

Checks should be payable to "GYE Corp."

Mail to: GYE Corp., POB 32380 Pikesville, MD 21282

Secure Online Donations: www.guardyoureyes.com/donate

Donations by Phone: 646-600-8100 ext. 3

THE GYE TEAM

GYE.Corp:

Yaakov N

Founder and Websites Administrator

Yechezkel Stelzer

Executive Director & Addiction Therapist

Mechel Moskowitz

Manager of Venishmartem - Filter Division

Advisory Board:

Rabbi Avraham J. Twerski

Founder of Gateway Rehab Center

Rabbi Simcha Feuerman

President of Nefesh

Rabbinical Board:

Rabbi Aharon Feldman

Moetzes Gedolei HaTorah of America

Rabbi Yosef Veiner

Rav of Kehilas Shaar Shamayim, Monsey

Rabbi Dovid Heber

STAR-K Kashrus Administrator, Baltimore

Rav Yosef Yitzchak Rosenfeld

Beis Horo'ah Shevet Levi, Monsey

Additional Endorsements:

Rabbi Avraham Chaim Levine

Yoshev Rosh, Vaad Roshei Yeshiva

Rabbi Binyumin Eisenberger

Cong. Heichal Hatfilah, Brooklyn

Rav Shraga Hager

Kossover Rebbe

Trustees:

Gary Torgow, Detroit

Gedalia Weinberger, Brooklyn

Tovia Schottenstein, Columbus

Rabbi Berel Wein, Jerusalem

Shmuel Yossef Reider, Manhattan

Avraham Wolfson, Brooklyn

Nachman Auerbach, Monsey

Moshe Vegh, Philadelphia

Frank Menlo, Los Angeles

Sol Goldner, Los Angeles

Legal Officers:

Eli Golshan

President

Daniel Balsam Esq

Secretary

R'Yaakov Lach

Treasurer

Phone

Conferences:

Duvid Chaim, *Daily noon call*

Shlomo, *Daily Night call*

Steve, *Daily Morning call*

Dov, *Sun & Tuesday call*

Rachamim, *Friday & Sunday call*

Daniel, *Wednesday call*

Dovi, *Daily Shmiras Ainayim Call*

Miriam, *Bi-Weekly Spouses Call*

Yonatan, *Weekly SSA Call*

Chairmen:

R' Yunty Burnstein, Jerusalem

Avi Mayer, LA / Jerusalem

R' Zevi Shein, NY / Venishmartem

GYE Filter Division:

Azie G. Lakewood

Certified computer technician

Mechel M, Monsey

Certified computer technician

Joel M, Brooklyn

Filter installation and support

Web Development:

Mendy E, Israel

Design

MindK Lab, Ukraine

Programming

Catriel Silver, Israel

Data Entry



Guardyoureyes.org

Maintaining Moral Purity in Today's World

B"H

January 2011 / Shvat 5771

A Letter from the Trustees of the Guard Your Eyes Organization

Dear Friends,

Over the last few months we have become acquainted with the very important and critical work being done by the Guard Your Eyes organization (www.guardyoureyes.org). This organization has been relatively unknown until recently, but with the expansion of its efforts and proven success, it is becoming known throughout the Jewish world today as a critical resource for dealing with the growing problem of pornographic addiction and related behaviors in our communities.

Fueled mainly by the accessibility and anonymity of the Internet, this affliction has spared no class of Jews: from teenagers to kollel members, from office workers to Rabbis, and from single to married men. Many of the social ills afflicting the Jewish community today such as youth-at-risk, broken marriages and even child abuse and molestation can be traced back to this issue. Much of the Jewish community's investment and efforts in education today are being undermined by the strong-pull of these temptations.

The Guard Your Eyes organization has undertaken to stem this tide by utilizing methods which have proved successful in treating other addictions. They have successfully helped wean over a thousand Jews from these destructive behaviors and have helped return them to normal life. Guard Your Eyes also performs a vital function in preventing the spread of this scourge by raising public awareness of its dangers and by offering effective preventive measures to the general Jewish public.

The materials and tools that this program utilizes have been praised by Gedolim and experts alike for their methodology and approach, and they conform to the highest standards of Torah values.

We believe this project is critical to the hatzlacha of the Kedusha of Klal Yisrael and is the only weapon we have at our disposal in dealing with this widespread problem. It is an international project, which can help thousands of Jews across the world and all across the religious spectrum.

We strongly urge you to join us in helping support the wonderful work being done by Guard Your Eyes.



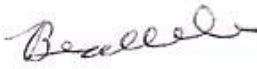
Gary Torgow




Gedaliah Weinberger



Tovia Schottenstein



Rabbi Berel Wein



Avraham Wolfson



Nachman Auerbach



Shmuel Yossef Reider



Moshe Vegh



Frank Menlo



Sol Goldner



אדר א' תשע"א
February 2011

Dear Menahalim and Mechanchim,

At a meeting of the Vaad Roshei Yeshiva of Torah Umesorah, a presentation was delivered by an organization called Guard Your Eyes. We are writing to you based on the Vaad's הסכמה and recommendation.

The Guard Your Eyes (GYE) organization specializes in the treatment and prevention of obstacles facing today's morality. GYE was founded three years ago with the help of Rabbi Dr. Avraham Twersky. They have since assisted approximately 1,000 Jews in breaking free from addictions to inappropriate material on the internet and other related activities. GYE is also offering practical solutions and help to our schools as well.

Torah Umesorah is therefore recommending to you the following GYE resources, to help meet the challenges encountered in our homes and schools:

- 1) **The new GYE support Hotline** - Manned by trained professionals to serve our schools and communities, this hotline is ideal for mechanchim and parents: **646-600-8100**. Please make the number available to those who might make use of it.
- 2) **GYE Prevention Tips for Parents** – Awareness, tips and practical advice on dealing with digital dangers in today's world. You may wish to publicize this pamphlet to your parent body.
- 3) **The GYE Handbook** – An invaluable resource to be used when encountering talmidim who are struggling with areas of קדושה וטהרה. We encourage the schools to make the "GYE Handbook" available to every Menahel and/or Rebbe.

Those receiving this letter via email, please find the attached "Prevention Tips for Parents" and the "GYE Handbook" for easy printing. Those receiving this letter via fax, you may request that these documents be sent to you via email by writing to info@torah-umesorah.org

PLEASE NOTE: The GYE material is not meant for children. It is intended only for mechanchim and parents.

May your efforts bring us to the fulfillment of והתקדשתם והייתם קדושים.

Rav Avrohom C. Levin
Yoshev Rosh, Vaad Roshei Yeshiva

Rabbi Dovid Nojowitz
Menahel



“There is an international scourge attacking the Jewish People which threatens to tear apart the fabric of Jewish life. It has spared no class of Jews: from teenagers to kollel members, from office workers to rabbis, and from single to married men. Guard Your Eyes is the only weapon we have at our disposal”

— *Rabbi Aharon Feldman*

Moetzes Gedolei HaTorah of America

WWW.GUARDYOUREYES.COM

YOU HAVE NOW READ the most important public service announcement ever likely to appear in Outlook. The above site provides tools for those dealing with attractions to the darker areas of the Internet — ranging from those who have slipped occasionally to those with full-blown Internet addictions.

I will not belabor the dangers of the Internet. In recent years, that subject has been widely discussed in the Orthodox media. Nevertheless, a very high percentage of Orthodox Jews who use the Internet continue to do so without proper filters, or with filters that are easily evaded, and the danger of cell phones with Internet connectivity continues to be virtually ignored in America.

My goal is not to discuss prevention, but to provide hope for those who are already ensnared. At a recent meeting chaired by Agudath Israel's Rabbi Chaim Dovid Zwiebel, Rabbi Dr. Abraham Twerski, one of America's foremost addiction experts, stated flatly that no addiction can be cured without a support group. And until now, the one support group impossible to assemble was for Orthodox Jews addicted to the Internet and Internet-related behaviors. Religious support groups exist for overeaters, alcoholics, and gamblers. These are weaknesses, and most of us have some weakness. But Internet addiction is different. It seemingly marks one as a total hypocrite, living one life in public and another subterranean life, hidden from everyone else, above all the person to whom one is closest — his or her spouse. No one living such a double life, especially a respected communal figure, could ever risk being exposed at a meeting of others similarly addicted.

Just listening to the testimony of such Jews is a wrenching experience. Last week I read through about fifty pages of testimonials from those helped by the Guard Your Eyes organization, and listened to the personal testimony of a young husband and father describing what it is like to be in the throes of this addiction, delivered at the aforementioned meeting. (Rabbi Aharon Feldman gave an impassioned address about the unprecedented threat to *kedushas Yisrael* from the Internet.) The testimonies completely destroyed my hasty assumption that the victims are primarily drawn from the ranks of teenagers or “adults at risk.” Not at all. Most of the letters expressed anguish over the author's former close relationship with Hashem from which he or she now feels severed. Among the writers were rabbis, marriage counselors, and respected teachers.

Dr. Twerski said that until very recently, he had absolutely nothing to recommend to those caught in an Internet addiction or related behaviors. Now he does. The Guard Your Eyes site offers the possibility of joining a support group for Internet addicts, with complete anonymity. Participants never see one another.

For those in need, the required support group is now available.

A Few Testimonials

I am a Rov, Posek, Magid Shiur and Mechaber Sfarim. I have many talmidim. I have been unsuccessfully battling this problem for at least 40 years. I read thoroughly the GYE handbook and would like to make the author my Rebbe. "K'mayim karim al nefesh ayefoh", this masterpiece has re-instilled a hope within me that maybe I can really be what my talmidim think I am.

I pour out my heart to the Aibishter that one day I'll be able to help you rather than enlisting your help. I wish there were words to convey the magnitude of my bracha to you, for your hatzlacha is the hatzlacha of Klal Yisrael.

An anonymous Rabbi

You have no idea as to what category of people have fallen victim to internet pornography. We would not think that these type of people would be capable of it. Hopefully nobody who's a Yirei Shamayim is going to go look for that kind of trash and that kind of filth. However, it is perfectly possible that while monkeying around with the internet, you hit a button and there's a pop-up of a pornography scene. You weren't looking for it, but it happened. You have exactly 3/10ths of a second to turn it off. And if you avoid it for 4/10ths of a second, you may become addicted. That's how severe it is. It's one of the most powerful addictions. Day after day after day - I get letters and calls from people who say, "what can I do to save myself?" because they have fallen into the pornography addiction and it has taken them all the way down. It has ruined more marriages than anything, ruined families. It's been terribly destructive.

Rabbi Abraham J. Twersky, MD

Not a week goes by that I don't have to deal with a Shalom Bayis Problem or a problem in Chinuch Habanim or Banos, or a very fine Bochur who will call me up – or at least what is left of a very fine bochur – calls me up crying, begging for help. There is nobody that can claim that either they're not affected, or a family member, or a neighbor, or the chaver sitting next to them in shul, or the chavrusah sitting across from them in yeshiva. If you discounted it until now, you're gonna have to take my word for it when I say that there is no single problem facing the yechidim in klal Yisrael and

communities at large, there is no bigger problem than this. There's a Chov Kadosh to do something now before there's no semblance of Kedusha left in Klal Yisrael. And I don't say that lightly. Keep in mind, the people who come to me are so frum and so upset about what's going on, that they're willing to talk to their Rav. That means that there are thousands of people who would never even speak to their Rav. I hate to sound pessimistic – but if you have unrestricted internet in the house – internet that is not both filtered and reported, I would say there's a higher than then 90% chance that people have already been Nichshal in your house. And if it hasn't happened yet, there's more than 90% chance it will happen. And if it's not happening at home, it's happening in the office.

Rabbi Yosef Veiner, Agudas Yisrael Flatbush

A prestigious Mechanech wrote for help: "Dear GYE, 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, 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 SA meetings are out of question due to my caliber, and letting my wife in does also not come in consideration. Do you think I can be helped without blowing my secret?"

We answered him and he got involved in our network and forum. 4 months later he writes:

"R' Guard, you can not visualize the effect that GYE has had on my life. 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 since 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. My kith and kin have never been closer to me, than the last few months. And the list goes on and on. Thanks to you, my life is so much better. I can speak to my kids about Judaism without feeling like a hypocrite. I can sing zemiros at the Shabbos table without feeling guilt. I can shake the Rabbi's hand without saying to myself – "if he only knew". I can't express in words how much I owe you.

*Anonymous
Mechanech*

I am a Rebbe in a small Yeshivah where I deal with regular from middle-school age boys who have not had much success in the regular school systems for various reasons. It was recently brought to my attention that many of these boys, ages 11-14 are addicted to pornography and hotzoas zera livatala. They view this as if it were normal and not even something to work on. Many of them do not even know that this is assur, and they couldn't believe me when I said looking and thinking about these things is not allowed from the Torah. One boy did ask me how he would be able to sustain from this when he feels very bored and doesn't have enough to do to fill his free time, and pornography is an easy time consumer. Another boy said he used it as a way to fall asleep at night. An additional problem is, that most of these boys have iPod touches or other devices with Wifi, so that having blockers on their computer wouldn't really solve their problem. Others are very savvy and can break - in their own words - "any block" on a computer."

A Rebbe in a vibrant Jewish community

I was addicted for twelve years, always looking out and wondering who can help me. A few months ago I came across your site. When I started to see all this great information, I became glued for hours. I must say, that since then I have not fallen B"H. I now feel greater than ever. You are far more than an organization; to me you are like a Hashem's hospital."

Chanoch

*"The last 6 months on
GYE have completely
changed my life"*

- M.S.

"I remember that when I was a child I had a very close relationship with Hashem. Then over the years, I only checked in once in a while. By my twenties I knew He was here, but I wasn't about to be another "blind believer"; I needed proof. So I told Him, "I'm not going to believe in ANYthing. If you're for real, show me." Looking back, I can see so many ways He showed me - but I missed them all. Then I became a lust freak. I ended up in jail as a result, multiple failed marriages, and alienated from my daughter. So I slowly started doing T'shuvah. But

my lust addiction never gave me rest... I'd still have marathon sessions of self-destructive, lust related behaviors. Then, purely by accident (read hashgacha pratis) I found this site. I just did 120 days clean B"H.

But what's most important here, is that my skepticism

was finally laid to rest through this clean streak. With the help of the guys here on the site and the very real experience of Hashem's hand holding me safe, I have the real, palpable, experience, in a most personal way, of His presence and reality. Not all the time, of course, but proof that I can no more deny than the fact that I'm typing this to you. I hit bottom from bottom, and I would probably be dead by now if it hadn't been for Guard Your Eyes. Thank you again and again.

An Anonymous Therapist

Looking back to where I was 3 yrs ago, I can't believe what I've achieved in terms of my thoughts and where I used to go late at night on the internet. I am unrecognizable now, B"H, and can almost say I've conquered this problem. The fact I've come this far is complete testimony to what you have done for me alone - let alone the thousands of other people whom you have helped."

Ahron

I have benefited professionally and personally from your network, for over 17 months. Almost as soon as I started receiving the daily e-mails, I stopped looking at porn sites and the like.

A Neuroscientist in Israel

I want to thank you; this website is a lifesaver for my husband. And with the new support for spouses, I think it will be a life-saver for me also.

A Wife



Presentation to the Agudas Yisrael board, June 2010



GYE Presentation to the Va'ad Roshei Hayeshivos for Torah Umessorah, July 2010



GYE parlor meeting at the home of Avraham Wolfson in NY, August 2010

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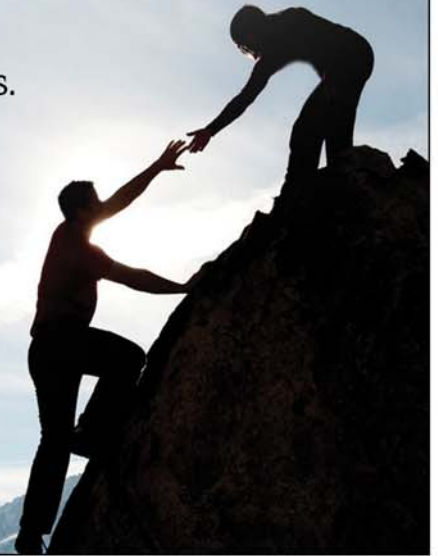
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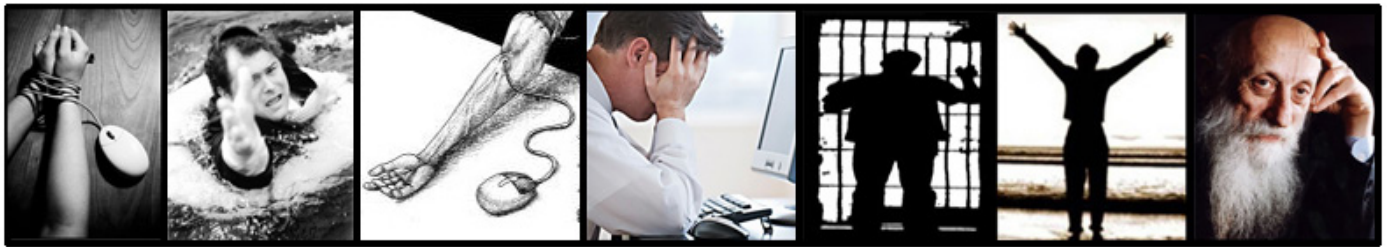


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