

Welcome Package for Newcomers

Posted by the.guard - 15 Mar 2011 23:13

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First Time on GYE?

[Click here](#) to learn the few quick things we suggest to help you jump straight into your journey! --

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**Welcome to our community, you have finally come home!** GuardYourEyes (GYE) is a vibrant network and fellowship of Jews of all affiliations, struggling to purify themselves and break free of lust related behaviors. For the first time, there is somewhere to turn to for help in . Once you've arrived, there's no turning back. Everyone here will just grab a hold of you and pull you up with them! In the last couple of years, the GYE network has helped roughly 1,000 Jews get back on a path of sanity, self-control and healing and has touched the lives of thousands more. GYE has become known throughout the Jewish world as the number one address for dealing with these challenges which have reached epidemic proportions. The tools of our recovery program were developed with guidance from the best experts in the field, such as Rabbi Dr. Avraham J. Twerski, and through the personal experience of hundreds of Jews who successfully broke free. We use a unique approach that recognizes that there are many different levels in these struggles. Our network is comprised of a website, a pulsating forum, phone conferences, daily Chizuk e-mails, support hotlines, therapists, live 12-Step groups and a program of recovery for all levels of this struggle/addiction. All our work is free of charge and we zealously protect the complete anonymity of all our members. **Here are some quick things you can do to help you jump straight into your journey:** 1) See the "[GYE Program in a Nutshell](#)" (*Right Click the link and press "Save Link/Target As" to save the PDF file to your computer*) that can help you quickly identify at what level of the struggle you are at, and which tools and features would help you most at your particular level. 2) Install a strong filter (see [this page](#) for more info). It is hard to break free of this while having all the garbage within a mouse click away. The filter gabai at these areas. We're all in the same boat here. *Tzurav Rabim Chatzi Nechama* [filter.gye@gmail.com](mailto:filter.gye@gmail.com) will hold the passwords for you. We also highly advise installing "Reporting Software" such as [webchaver.org](http://webchaver.org) to give you some accountability. 3) Join the daily [Chizuk e-mail lists](#) to get fresh chizuk every day. 4) Join the [90 Day Challenge](#). Scientific studies have shown that it takes 90 days to change the neuron pathways created by addictive behaviors in the brain. 5) Post away on this forum, where hundreds of yidden like you exchange chizuk and post logs of their journey to recovery. You will internalize that you are not alone, and you will learn the techniques and attitude that work for so many others. 6) Join our free anonymous [phone conferences](#), led by an experienced sponsor. 7) If you need more general guidance, write to GYE's helpline at [gye.help@gmail.com](mailto:gye.help@gmail.com) or call the hotline at 646-600-8100. 8.) Download and read the "[Guard Your Eyes Handbook](#)" (a hard copy can be purchased for cost price [over here](#)). This handbook outlines the GYE approach in detail, and makes our network much more effective and helpful for people. **The handbook has two parts:** A) The first part, "The 20 Tools", detail 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. No matter what level our addiction may The second part, "Attitude & Perspective", detail 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... Our souls cry inside of us, but we have accustomed ourselves to block out that cry. Today we can begin to be who we really want to be. We are here for you.

[www.GuardYourEyes.org](http://www.GuardYourEyes.org) GYE E-Mail Helpline: [gye.help@gmail.com](mailto:gye.help@gmail.com) GYE Phone Hotline: 646-600-8100 Help us help others: [Donate Here](#)

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Re: Welcome Package for Newcomers  
Posted by Hashem Help Me - 05 Jul 2018 19:53

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Welcome. Stay connected and iyh the oilam here will help. Many guys join, pot, and vanish..... Maybe share a little what the challenges are

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Re: Welcome Package for Newcomers  
Posted by Chaz0matic - 29 Jul 2018 19:05

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Hello.

I am in such a quandary. Indeed.

Is is such a sin to look at beautiful people doing beautiful activities?

Compared to the abusive, nasty, hateful things people do to each other!

I do go to a group of other men, and in this group, I hear them tell, in one case, a man, Tom (not really)

read the Sports Illustrated swimsuit magazine. He may have had some guilt, but whatever, call it

a mild relapse!

OK, his wife of many years, Sandy, finds this magazine or finds him reading it, whatever....

Sandy has a tantrum, starting with (as Tom relates the story) 1- Sandy says how she will never be as attractive as them (of course, they are world class models, she is a 60 year old, attractive (in an age appropriate way) ) and Sandy feels bad and insecure. But then it seems to get darker, as Sandy , with her insecurities, starts insulting Tom, that he is insensitive, and immoral, and insulting and more and more!

Before Sandy is done, she is on the verge of telling him, that if he finds them so attractive, he should go to the local strip club, and go rape pillage and plunder. She is just about to ask him to leave, and even call the cops on him, because maybe he is a pedophile or who knows what !!!!

Now, not to espouse any virtue to Tom for reading the Sports Illustrated magazine, but , seriously, who has the mental problem here?

Lord, save us!

Chaz

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Re: Welcome Package for Newcomers  
Posted by mzl - 29 Jul 2018 19:17

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[Chaz0matic wrote on 29 Jul 2018 19:05:](#)

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Lord, save us!

Chaz

Hell hath no fury like a woman scorned.

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Re: Welcome Package for Newcomers  
Posted by lionking - 29 Jul 2018 21:04

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[Chaz0matic wrote on 29 Jul 2018 19:05:](#)

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Now, not to espouse any virtue to Tom for reading the Sports Illustrated magazine, but , seriously, who has the mental problem here?

Lord, save us!

Chaz

Hi Welcome,

Please start your own thread in order to help the conversation flow. Pick a topic, click on new thread and join us for the ride.

While you are at, I agree that Sandy's reaction might have been over the edge, however do you mind sharing Sandy's version of the story to explain what let her to the edge in the first place?

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Re: Welcome Package for Newcomers  
Posted by cordnoy - 09 Aug 2018 00:58

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[joeross275 wrote on 28 Dec 2017 04:20:](#)

hey guys. this is joeross. im 20 and ive been struggling with shmiras habris for a long time now....dont rilly know how these things work on this website...anyone have any advice?

all the best! hatzlacha!

Hey joeross, how's it goin'?

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Re: Welcome Package for Newcomers  
Posted by Antzh1977 - 16 Sep 2018 17:49

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Just saying hi

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Re: Welcome Package for Newcomers  
Posted by 360gye - 16 Sep 2018 18:10

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Hi,

Welcome to GYE. Would you like to share a little about yourself, or maybe start your own thread (only if you're comfortable).

Much Hatzlacha on your journey

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Re: Welcome Package for Newcomers  
Posted by Markz - 16 Sep 2018 18:11

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[Antzh1977 wrote on 16 Sep 2018 17:49:](#)

Just saying hi

Hi to you too!

Its a few years since 1977. Time to take out a mortgage on a Truck, and get rolling. Start your own thread and keep us posted :-)

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Re: Welcome Package for Newcomers  
Posted by a yid is holy - 07 Oct 2019 20:57

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hi i am new and i am struggling but i have not given up hope! i have fallen so many times before and now i feel like its finally time that i can break free!

My hope is to eventually get on the wall of honor, may hashem help me and all of us.

I feel like i can use some chizzuk from anyone that can offer.

All the best.

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Re: Welcome Package for Newcomers  
Posted by Hashem Help Me - 08 Oct 2019 00:18

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Welcome. It should be with hatzlocha.

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Re: Welcome Package for Newcomers  
Posted by sleepy - 08 Oct 2019 00:21

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[a yid is holy wrote on 07 Oct 2019 20:57:](#)

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I feel like i can use some chizzuk from anyone that can offer.

All the best.

wow! what Spirit! we need guys like you here , you came for chizuk, and ended up giving US chizuk! hatzlacha raba!

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Re: Welcome Package for Newcomers  
Posted by Captain - 08 Oct 2019 00:28

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You came to the right place! You will find support and helpful ideas here.

It's so great that you haven't given up hope. It's so easy to when you feel so overwhelmed and out of control, but I'm telling you from my own experiences and the experiences of thousands of people here that you **can** regain control.

My best tip is to view every single time you hold back as a thrilling achievement (as if you finished a *masechta*) rather than as a streak of clean days that you haven't messed up on. And don't get too down from a fall. Focus on your accomplishments.

(If you need help changing your perspective, check these out: 1. The Battle of the Generation: <https://guardyoureyes.com/ebooks/item/the-battle-of-the-generation>. 2. The Fight by Rabbi Ben Zion Shafier: <https://theshmuz.com/series/the-fight/>.)

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