

## 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 [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 be, we will help you. 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 llovelife1 - 26 Mar 2015 17:40

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hello

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Re: Welcome Package for Newcomers  
Posted by dp2 - 02 Apr 2015 21:55

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Going on 50 days clean, the weather is nice now, I'm petrified, starting to have thoughts.

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Re: Welcome Package for Newcomers  
Posted by Nati - 03 Apr 2015 00:32

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I have returned with a new name after a number of years. I didn't have much success with the last one, G-d willing my mazel will change now. I had a run of almost 4 years of abstinence from masterbation but it was a very empty "success" because I didn't guard my eyes and found many other sick ways to feed my lust. Now I'm starting from day 0 hoping for better. I've got this disease and I've got it real bad. I feel like I've tried everything but I know that can't be true. I want to live. I want to be true to my wife and children. I want to stand clean before Hashem and serve Him and not my sick lust. I am a hard-core addict but I'm going to try again. I want 90 days. I want to be connected anonymously. I want meaningful communication with others on this forum. How can I lead the seder feeling like this? I can't fully believe that my G-d won't help me now.

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Re: Welcome Package for Newcomers  
Posted by cordnoy - 03 Apr 2015 02:59

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[dp2 wrote:](#)

going on 50 days clean, the weather is nice now, i'm f\*\*ing petrified, starting to have thoughts

oh no! A landsman!

but anyway, welcome

tell me...how'd you get to 50?

what tools did you use?

dependin' on your answer, keep usin' 'em today; don't be worried about tomorrow.

don't be a stranger

b'hatzlachah

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Re: Welcome Package for Newcomers  
Posted by dp2 - 03 Apr 2015 03:46

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Lol what's a landsman

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Re: Welcome Package for Newcomers  
Posted by cordnoy - 06 Apr 2015 04:21

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we come from the same place

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Re: Welcome Package for Newcomers  
Posted by never give up - 23 Apr 2015 23:44

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Hey Everyone,

I have been struggling with the internet for a long time now. There have been really good stretched that i have gone through in my life. Right now i haven't watched Porn for a while but i have been slipping on other things, thing like more border line ( like you would see in a rated R movie. i would like to break free from these struggles before i resort back to my old ways of watching porn. i feel like this is the place to do that.

never give up.

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Re: Welcome Package for Newcomers  
Posted by gibbor120 - 24 Apr 2015 20:19

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Hi Never Give Up,

. You have come to the right place. Why don't you start your own thread? Read the handbook. Keep us updated on your progress.

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Re: Welcome Package for Newcomers  
Posted by never give up - 30 Apr 2015 00:00

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Thanks Gibbor,

i will have to think about what thread i should start but for now i will join forums and post or reply to others. its nice to know that other people go through similar struggles.

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Re: Welcome Package for Newcomers  
Posted by hman - 22 Jul 2015 02:30

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I just joined and intend to end the addiction. I have been dealing with lust issues since I found a collection of porn from my parents at age 9.

I may need a partner/sponsor.

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Re: Welcome Package for Newcomers  
Posted by abd297 - 22 Jul 2015 15:02

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You can find many resources for newcomers on the homepage. Just start reading and posting on the threads. You can start your own if you want.

Just look around and find what works for you.

Welcome and best of luck. Keep strong and keep us posted.

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Re: Welcome Package for Newcomers  
Posted by gibbor120 - 22 Jul 2015 21:52

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Welcome! Check out the links in my signature. Keep posting.

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Re: Welcome Package for Newcomers  
Posted by altisyash - 19 Aug 2015 14:28

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Hi i was here a long time ago with a other nick, but i fall back, and i didn't visit this site for a long time, now maybe with the new nick name its will be better, i really want to be good, God is so good to me, i want to be a good Jew to him too

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Re: Welcome Package for Newcomers  
Posted by cordnoy - 19 Aug 2015 14:45

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[altisyash wrote:](#)

Hi i was here a long time ago with a other nick, but i fall back, and i didn't visit this site for a long time, now maybe with the new nick name its will be better, i really want to be good, God is so good to me, i want to be a good Jew to him too

So, welcome back,

what have you tried in the past?

What worked?

What didn't?

What's the plan for now?

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Re: Welcome Package for Newcomers  
Posted by gibbor120 - 19 Aug 2015 19:58

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Welcome Back!

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