

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 aaron256 - 20 Aug 2015 16:49

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Hi glad to be here

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Re: Welcome Package for Newcomers  
Posted by cordnoy - 20 Aug 2015 16:51

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We are glad to have you as well.

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Re: Welcome Package for Newcomers  
Posted by Dewayne72 - 22 Aug 2015 17:03

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I'm the same way.....I just started on this site yesterday. I am looking for some help. I am married, but it won't last if I can't get this under control.

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Re: Welcome Package for Newcomers  
Posted by shlomo613 - 22 Aug 2015 21:39

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Hi DeWayne,

You've come to a good place. People who relate to you 100%, and many if not all of us have been in that rabbit hole. The strength of the group carries us all forwards and will see you make fantastic changes towards a good life well lived.

Do start your own thread. It's much clearer like that.

Shlomo

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Re: Welcome Package for Newcomers  
Posted by raphael - 27 Aug 2015 02:09

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hi i'm raphael im 13 and i am feeling alone because as a kid i can't talk to anyone about this

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Re: Welcome Package for Newcomers  
Posted by cordnoy - 27 Aug 2015 12:16

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[raphael wrote:](#)

hi i'm raphael im 13 and i am feeling alone because as a kid i can't talk to anyone about this

Welcome,

There is no one you can talk to?

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Re: Welcome Package for Newcomers  
Posted by shlomoy - 10 Sep 2015 16:08

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You're better than what you think.....ksivah vachasimah tovah .....to you and all of yours

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Re: Welcome Package for Newcomers  
Posted by shlomoy - 10 Sep 2015 16:14

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good luck post.....then post again

There is a thread that I think is fun the one that says HI JUST say HI.....

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Re: Welcome Package for Newcomers  
Posted by wantoimprove - 07 Oct 2015 19:14

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Hi Everyone.

This is a bit overwhelming for me. I'm Wantoimprove -- both from internet addiction, lustful thoughts that plague my days (and some nights) and self stimulation.

I've read Dov's suggestion to think of others and feel gratitude to Hashem for all the blessings in my life. I'll try to implement that.

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Re: Welcome Package for Newcomers  
Posted by markz - 07 Oct 2015 20:03

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[wantoimprove wrote:](#)

Hi Everyone.

This is a bit overwhelming for me. I'm Wantoimprove -- both from internet addiction, lustful thoughts that plague my days (and some nights) and self stimulation.

I've read Dov's suggestion to think of others and feel gratitude to Hashem for all the blessings in my life. I'll try to implement that.

Welcome. You sound like you have a high speed Lamborghini Truck, hope I can catch up to you.

Please share with us what post of Dov you're referring to

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Re: Welcome Package for Newcomers  
Posted by Mesayin - 08 Oct 2015 18:55

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Hi. I'm new, used t obe addiced to movies alot bt I'm B"H recovering nicely.

I would like to have some chizzuk further and also try to help other people.

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Re: Welcome Package for Newcomers  
Posted by Androidrocks613 - 12 Oct 2015 02:24

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It's very hard. Eyes see heart wants body obtains. This is how I felt and still do about my addiction. I was clean for a while then fall off. I guess the only thing I can tell you is keep fighting and text me 9176902547. I'm looking for a partner anyway. Androidrocks613. Good luck.

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Re: Welcome Package for Newcomers  
Posted by markz - 12 Oct 2015 02:49

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Welcome Android!

Yeah guardyoureyes recommends partnerin' but with someone that's passed 90 days (which I haven't), but is probably a good idea for you to add

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Re: Welcome Package for Newcomers  
Posted by cordnoy - 12 Oct 2015 11:00

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[Androidrocks613 wrote:](#)

It's very hard. Eyes see heart wants body obtains. This is how I felt and still do about my addiction. I was clean for a while then fall off. I guess the only thing I can tell you is keep fighting and text me 9176902547. I'm looking for a partner anyway. Androidrocks613. Good luck.

Eyes see

Heart wants

Head says the Hell with it.

Body doesn't obtain that but obtains fulfillment.

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Re: Welcome Package for Newcomers  
Posted by mayimthorim - 22 Oct 2015 20:52

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I'm struggling for years already and just not getting to stop it, I will give up important things just to view some ...

The thing I do for a living doesn't require to much time and a schedule so I have lots of time on hand

my wife is a bit of a laid back shy person without to much romance as we call it and I'm totally the opposite, and that makes me feel from time to time that I'm entitled to do what I do.

Yesterday I arrived to a all time low and I just cant stop crying to where I got to, couldn't sleep

so I went and deleted all my fake gmail and facebook accounts and signed up for a GYE account and I'm desperate to break thru no matter what....

Please help

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