

Welcome Package for Newcomers

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

First Time on GYE?

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

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 will hold the passwords for you. We also highly advise installing "Reporting Software" such as 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 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 GYE E-Mail Helpline: 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 Mesayin - 22 Oct 2015 20:59

Sholoim Aleichem you came to the right place, there are many great people on this forum (me).

Of course the first thing to do is go to your personal homepage and see what SOULutions work for you.

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Chazak v'emutz

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Re: Welcome Package for Newcomers
Posted by cordnoy - 22 Oct 2015 21:31

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Welcome

Sounds like a good productive first step.

Perhaps start your own thread.

Continued hatzlachah

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Re: Welcome Package for Newcomers

Posted by markz - 22 Oct 2015 22:11

[mayimthorim wrote:](#)

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

My dear sad friend. We've all been there, done that. We feel your pain

You wanted to break through? I wanted too. And I did by joining guardyoureyes. You did too!!!

And we're all proud to have another good friend like you join us. You wanna know how impressed all the guys are?? Watch how many thank you's you get to your first post!!

KOT

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Re: Welcome Package for Newcomers
Posted by Androidrocks613 - 22 Oct 2015 22:30

I agree! Shalom and don't give up. 1 day at a time.

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Re: Welcome Package for Newcomers
Posted by Gevura Shebyesod - 22 Oct 2015 23:58

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Re: Welcome Package for Newcomers
Posted by Gettingcloser - 23 Oct 2015 02:10

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Hashem is with you, ask him for help he is listening to your cry of your broken heart

Just don't give up it's your life & you can make a drastic change,

Hashem is waiting for you

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Welcome aboard!

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Re: Welcome Package for Newcomers
Posted by Yesod - 23 Oct 2015 05:02

Hey MT,

Stop crying bro, there is a war to fight.

Get back in it and never give up,

And anything we can do to help, is an honor.

Success be with you

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Re: Welcome Package for Newcomers
Posted by ?????? ?????? - 23 Oct 2015 05:24

Ahron some people don't want to stop because it feels good, in fact I said that once, but I said to myself I wish that this enjoyment would never exist because it causes a person to do aveiros, so at least I wanted to want to stop. But you coming here is whole new level, now you WANT TO STOP not only WANTING TO WANT TO STOP, your yetzer tov brought you here, you brought yourself here as of now you are a Tzadik!! 90 days is a challenge I fall sometimes but I made a shevuah recently to Hashem in a letter saying in short "Hashem if I fall I will give 100 dollars but If I learn Torah, read Tehilim, do exercise, or take a walk outside when I have a desire, even if I fall I only pay 10 dollars", I had a desire!! I learned Torah but I fell!! A person shouldn't feel guilty because I fulfilled my shevuah! and I gave 10 dollars to Tzedakah. The feeling of giving Tzedakah right after the averah and right before learning Torah it close the averah and puts away so you can continue to overcome this desire. It is so far much easier for me because of my commitment, because of the Torah that I learn, because I daven by refaenui in shmonei esrei, and ask Hashem help me, I don't want to be one of "them", just help me, I conclude my requests in shma kolenui and right away thank Hashem that he gives me a body, so I can enjoy other pleasures i.e like eating, I simply thank Hashem and everything works!! It's been 8 days. I recently had a strong desire but I took a gemara sat down and learnt for 45 minutes and Torah just fixed my mind it went away. You should have hatzlocha remember Hashem allows this desire to come to you so the only way to stop it is davening to Hashem. Hashem grants permission for the Satan to play games with our minds to test us!! it's all a test! tests are limited in time, thus we have to pass. Always train your mind to think in the future, and most importantly when you get misleded on the internet quickly close the window, even a tiny picture that you want to see because your curious, still it will lead to other things close the window run downstairs get a drink and come back up and go back to work. Hashem is always with you, a

change of middos may have a huge effect. It changes the patterns in the mind may Hashem grant you freedom and give you bracha to overcome all of life challenges. We all started at some point, we all feel your struggle we are all in this together and we will all get out of this together!! AMEN!!

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Re: Welcome Package for Newcomers
Posted by gibbor120 - 23 Oct 2015 16:10

WELCOME mayimthorim! You are among friends that know what you are going through. Read the handbook. Check out some of the links in my signature. Keep posting, and NEVER EVER GIVE UP! I acted out for over 20 years. I'm sober for 6+ B"H. Many people have been helped here. You are on your way...

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Re: Welcome Package for Newcomers
Posted by Enuffzynuff - 23 Oct 2015 22:01

Welcome aboard, mayimthorim. Yashar koach! You are doing the right thing. Good Shabbos.

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Re: Welcome Package for Newcomers
Posted by Never Despair - 27 Oct 2015 06:38

It's so amazing that you took that step!!! I myself took a similar step about a week ago and I definitely feel a difference in my life BH. We are all here for each other and let me know if I can

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Re: Welcome Package for Newcomers
Posted by Josephsbrother - 16 Dec 2015 02:29

Hi, looking forward to learning and growing, thank your for being here, my prayers are for all others and me, that we have victory!

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Re: Welcome Package for Newcomers
Posted by helpgye613 - 06 Jan 2016 18:32

me too

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Re: Welcome Package for Newcomers
Posted by Josephsbrother - 07 Jan 2016 03:16

Let us pray for each other, while we are apart, on our One we are linked together.

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Re: Welcome Package for Newcomers
Posted by Learner - 11 May 2016 05:45

Thank you may hashem bless you

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