

## 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 Josephsbrother - 29 Dec 2017 09:25

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Welcome back, and keep coming, for you know who you will be, and who you wish to be! I had battle it for years, but this round success in coming my way, here is a help, and the Infinite is our stay, and power. You have motivation, your daughter, and wife.

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Re: Welcome Package for Newcomers  
Posted by MayanHamisgaber - 29 Dec 2017 09:58

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Welcome back

May I suggest that you leave out the t'shuvah for now and work on recovery

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Re: Welcome Package for Newcomers  
Posted by tzomah - 29 Dec 2017 10:24

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[chayadov1 wrote on 29 Dec 2017 06:17:](#)

My name is chayadov1. was here a few years ago and left. starting again. this time going to get it right with the help of hashem. I am married one year and have a beautiful baby girl. I want her

to have a yiddishe and chassidishe tatty, and that my wife should have the same as a husband. My wife has no idea of my struggles. no one does. its been going on for sometime. i struggle with searching up inappropriate things. which leads me to finding them and masturbation. dying to be clean.

I need to do teshuva. im a big faker. how can i daven to hashem, he knows who i really am.

welcome

you can daven to hashem **because** he knows who *you* are

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Re: Welcome Package for Newcomers

Posted by ccv - 31 Dec 2017 20:52

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wow this site is what i was really looking for , cant wait to start shtieging together with everyone ,hatzlacha!

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Re: Welcome Package for Newcomers

Posted by Markz - 31 Dec 2017 21:01

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Welcome - I hope you can find the package

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Re: Welcome Package for Newcomers

Posted by ayidel - 05 Jan 2018 10:14

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sorry i seem to have introduced myself in the wrong forum i'm not yet an expert in figuring this out so here goes i'm married nearly 10 years have a few children i don't consider myself an addict as i wold have a couple of falls in sight only and even that at very spread out intervals so it really took me a while to realize i needed help i'm realy gratefull to hashem for sending me to this site and realy plan to hunker down full force thank you all you guys are realy great and supportive

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Re: Welcome Package for Newcomers  
Posted by Hashem Help Me - 05 Jan 2018 12:18

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Welcome to a great place. You will iyh get better here. Keep posting. Utilize all GYE has to offer and get to know the chevra here by reading the forums and interacting by responding.  
Hatzlocha.

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Re: Welcome Package for Newcomers  
Posted by gibbor120 - 09 Jan 2018 15:04

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Welcome! Check out the handbook. Keep posting.

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Re: Welcome Package for Newcomers  
Posted by Yosef Dovid - 09 Apr 2018 00:44

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Hi I think it's about time I reached out to do some thing like this and try to work on a problem that I have and that is watching porn and then to masturbate thank you

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Re: Welcome Package for Newcomers  
Posted by ieeyc - 09 Apr 2018 01:00

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its great to have you on board! keep on posting,there are lots of guys here with lots of heart and ears and lots of great tried and proven ideas!

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Re: Welcome Package for Newcomers

Posted by Hashem Help Me - 10 Apr 2018 11:19

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Yosef Dovid, welcome. It should be with hatzlocha. Keep posting. staying in touch is a major key to success b'ezras Hashem.

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Re: Welcome Package for Newcomers

Posted by grateful4life - 11 Apr 2018 13:26

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[Yosef Dovid wrote on 09 Apr 2018 00:44:](#)

Hi I think it's about time I reached out to do some thing like this and try to work on a problem that I have and that is watching porn and then to masturbate thank you

Welcome! Looking forward to sharing in your journey of recovery.

Hatzlacha rabba!

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Re: Welcome Package for Newcomers

Posted by Josephsbrother - 20 Apr 2018 09:41

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[grateful4life wrote on 11 Apr 2018 13:26:](#)

[Yosef Dovid wrote on 09 Apr 2018 00:44:](#)

Hi I think it's about time I reached out to do some thing like this and try to work on a problem that I have and that is watching porn and then to masturbate thank you

Welcome! Looking forward to sharing in your journey of recovery.

Hatzlacha rabba!

I always put my days a few less than I have conquered, so that I have to reach for those days all ready earned, in of course the Almighty, for me it is 855+ days, never leave a moment without the Almighty, the days temptations can be so great, that only with the Almighty there this moment can we see what answers solve this moments time. I have visited these rooms often when I needed refreshment, and I do not leave until refreshed.

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Re: Welcome Package for Newcomers  
Posted by Sammy12345 - 05 Jul 2018 05:18

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Thank you

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Re: Welcome Package for Newcomers  
Posted by Sammy12345 - 05 Jul 2018 05:22

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**I unfortunately also have this problem and I'm lost what to do I'm scared when I get married it's going to mess up my marriage please help me get trough this**

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