

## 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. *Tzuras 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 Dave M - 17 Dec 2019 14:41

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[Ybnrml wrote on 16 Dec 2019 23:52:](#)

I am 50 years old and been watching porn and excessively masturbating since i was 8. I have alot of work to do to clear my brain and restore my marraige. Just wanted to say how grateful i am to have a wonderful program like this.

Welcome to GYE. I suggest that you start your own thread so you, as well as the rest of us, can track your progress. As Bego stated, there will be many ups and downs, but don't give up hope and I"H you will get past this challenge.

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Re: Welcome Package for Newcomers  
Posted by fr33et - 28 Jul 2020 02:29

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Hello everyone. This is my second try now. The first time I didn't post at all but I made it to 90 days. After that I found it much harder and I didn't keep it up. Now I am back after a long time of not really trying. I thought I should post on the forum this time for some extra encouragement.

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Re: Welcome Package for Newcomers  
Posted by Grant400 - 28 Jul 2020 03:33

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[fr33et wrote on 28 Jul 2020 02:29:](#)

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Welcome back! Posting is a great idea. Why don't you start a new thread- just press new topic, and share your story, struggles and successes.

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Re: Welcome Package for Newcomers  
Posted by Grant400 - 28 Dec 2020 22:08

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I just want to share a feeling I've been having lately.

Recently there's been a movement on the forum to suggest that a newcomer should immediately start calling people. Many people are writing, that the only real way to kick this habit long-term, is by actually picking up the phone and opening up to somebody. It is a suggestion at the tip of many tongues (fingertips?).

Whether that's true or not, I feel it may be detrimental to suggest that to a beginner. Initially when starting to post, we were all slightly hesitant, and weren't sure if what we were doing was the smartest move (at least I was). Eventually after receiving warm welcomes, and starting to grow utilizing this site, we realized that GYE is a safe place and the proper answer.

In my experience, when I joined, were everyone to immediately suggest that without calling someone, there is no chance of true recovery, I would have just left the site. If whenever I posted about a difficult moment, the response would have been call, call, call, I wouldn't have thought myself ever capable of exposing myself like that, and would have given up. Until a person hangs around for a while, learns the many things GYE has to offer, and creates relationships, imagining opening up to a live person is unfathomable.

I think that maybe when a person initially joins this site, we should first welcome them, share with them the knowledge we have, and eventually, at a later date, if they need a little bit more help, it can be explained to them how speaking to an experienced member, (or actually even meeting face-to-face) can be extremely beneficial.

Just a thought.

Grant

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Re: Welcome Package for Newcomers  
Posted by Hashem Help Me - 28 Dec 2020 22:53

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Excellent point.

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Re: Welcome Package for Newcomers  
Posted by Zedj - 29 Dec 2020 00:09

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Hi grant,

I agree with your point that your making.

However,

I probably would not have called anybody if noone messaged me and encouraged me to call.

Yes, it was maybe abit pushy but it was a necessary push..

This is my experience

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Re: Welcome Package for Newcomers  
Posted by Zedj - 29 Dec 2020 00:25

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[Zedj wrote on 29 Dec 2020 00:09:](#)

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This is my experience

To all those seeing this....I don't regret that call one bit. If only I had reached out to someone sooner or called someone sooner....

I'm not dating yet but I hear alot "your never ready to date" or "your never ready to get married"

In this case, in my view..you will never be ready call...but once you do, it's a game changer!

What do you guys think?

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Re: Welcome Package for Newcomers

Posted by i-man - 29 Dec 2020 00:31

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Spot on Grant

I did not have that but if I did I would no way have accepted , I first spoke to someone via the chats and email for a while , eventually he encouraged me to call , at that point in t was clear to me that he was safe and wanted to help me , it was still difficult to make that call but I did and it

paid big dividends BH including a treasured relationship to an Adam gadol.

plus I probably would never have had the courage to call Dov which was life changing

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Re: Welcome Package for Newcomers

Posted by Markz - 29 Dec 2020 04:19

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[Grant400 wrote on 28 Dec 2020 22:08:](#)

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I think that maybe when a person initially joins this site, we should first welcome them, share with them the knowledge we have, and eventually, at a later date, if they need a little bit more help, it can be explained to them how speaking to an experienced member, (or actually even meeting face-to-face) can be extremely beneficial.

Just a thought.

Grant

I hope this doesn't collect votes and start looking like the sad state of Israel with a 4th election in 2 years coming your way!

I disagree.

See the part you wrote that I highlighted. That's a lot further than what people usually write even to gray haired old timers. So I'm not sure where you take it from. Granted it's very pushy...

In general members don't post at all.

Of those that do, most post once or twice and that's it. This is a fact. You may not realize it. Therefore I don't agree not to put in a plug for connecting with others if it can be done in a positive or fun loving way. "General"ly it should be presented in a way of "what works for me".

But definitely the General should hide his baton when he puts out his welcome mat!

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Re: Welcome Package for Newcomers  
Posted by wilnevergiveup - 29 Dec 2020 04:35

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[Markz wrote on 29 Dec 2020 04:19:](#)

[Grant400 wrote on 28 Dec 2020 22:08:](#)

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But definitely the General should hide his baton when he puts out his welcome mat!



I think you missed his point, perhaps because this hasn't happened to you but I was almost chased off this site by pm's for me to make a phone call.

Yes it's true it's game changing but first off not essential for everyone, surely not in the first few days on the site and second, it is pretty scary for someone who doesn't feel all that safe here and to be told that it's the only way for it to work is pretty disheartening.

I have an issue with some other things people write to newcomers but that's another issue.

The point here (I think) is to make newcomers welcome before bombarding them with all their issues that you are so clear about because of how well you got to know them from reading the two and a half lines that sound exactly the same as every other first post. Then you obviously tell them how big of a disaster their marriage must be because every guy who shows up here really needs to hear that in order to feel welcome.

Just give the guys some time, if we lose some, so be it because I think we lose more the other way around.

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Re: Welcome Package for Newcomers  
Posted by Grant400 - 29 Dec 2020 15:58

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[wilnevergiveup wrote on 29 Dec 2020 04:35:](#)

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Maybe you can share your thoughts with everyone, as it can be beneficial.

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Re: Welcome Package for Newcomers  
Posted by Lou - 09 May 2021 21:23

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[Grant400 wrote on 28 Dec 2020 22:08:](#)

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Just a thought.

Grant

Agreed

I felt a little bit like it was a bait and switch. One is encouraged to come here because it is anonymous and then once here one is told it will only work if you are not anonymous. There is a time and place for it,I am sure,but that bait and switch feeling almost made me leave right away.

Thanks

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Re: Welcome Package for Newcomers  
Posted by Boruch24 - 28 Oct 2021 15:41

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Hi i am new to this website. I have been struggling for years and have a therapist who I work with now along with a very supportive wife who knows all about my struggles but I still need more support so here I am

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Re: Welcome Package for Newcomers  
Posted by DavidT - 28 Oct 2021 15:51

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[Boruch24 wrote on 28 Oct 2021 15:41:](#)

Hi i am new to this website. I have been struggling for years and have a therapist who I work with now along with a very supportive wife who knows all about my struggles but I still need more support so here I am

Welcome!

Please start a new thread and tell us more about your struggles and successes.

Looking forward to cheering you on on this important journey...

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