

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! --

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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 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 sleepy - 19 May 2022 18:22

[Lou wrote on 09 May 2021 21:23:](#)

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

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

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

great point

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Re: Welcome Package for Newcomers
Posted by wilnevergiveup - 19 May 2022 19:51

[sleepy wrote on 19 May 2022 18:20:](#)

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

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

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

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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!

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.

good point

But, at this point, after being here for a while, I have spoken on the phone to many guys and even met a few guys in person. It's scary at first but it's very powerful to take the step and pick up the phone.

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Re: Welcome Package for Newcomers
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[wilnevergiveup wrote on 19 May 2022 19:51:](#)

[sleepy wrote on 19 May 2022 18:20:](#)

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But, at this point, after being here for a while, I have spoken on the phone to many guys and even met a few guys in person. It's scary at first but it's very powerful to take the step and pick up the phone.

thank you, but your point is still valid to give a newcomer breathing space before being spray offered with making phone calls

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Re: Welcome Package for Newcomers
Posted by Broken soul - 07 Jul 2022 01:21

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Re: Welcome Package for Newcomers
Posted by Broken soul - 07 Jul 2022 01:22

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Re: Welcome Package for Newcomers
Posted by Broken soul - 07 Jul 2022 01:24

Can anyone help

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Re: Welcome Package for Newcomers
Posted by Face the challenge - 07 Jul 2022 01:25

Welcome to gye! What can we help with?

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Re: Welcome Package for Newcomers
Posted by Avrohom - 07 Jul 2022 01:42

Welcome! We're all here to help and encourage each other in this battle. Many people begin by getting themselves familiar with the site, including reading people's threads on this forum. You'll get an idea by going through some of them of the process by which people progress. You may want to begin your own thread and start by sharing (a little bit) about yourself, your struggle or what brought you here. We are a warm, welcoming Chevra of brothers, who have all our own struggles in this area, and are working together to help each other break free and improve ourselves in this area.

Hatzlocha Rabba!

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Re: Welcome Package for Newcomers
Posted by Superman1 - 10 Jul 2022 21:11

Looking forward to growing!!

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Re: Welcome Package for Newcomers
Posted by Superman1 - 10 Jul 2022 21:12

We can all help each other

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Re: Welcome Package for Newcomers
Posted by heimishe - 13 Jul 2022 10:29

Hi I'm new here

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Re: Welcome Package for Newcomers
Posted by Avrohom - 13 Jul 2022 12:37

Welcome to GYE! You can hope to find a welcoming, warm, supportive group of friends who are in or have been in the same boat as you in this struggle. Take a look around at people's threads - and, when you are ready to, you can start your own thread with your story and keep track of your progress as you go along.

All the best!

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Re: Welcome Package for Newcomers
Posted by oy vey 7 - 01 Aug 2022 20:23

what are you saying about to open a yiddish thread?

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Re: Welcome Package for Newcomers
Posted by Tumim - 29 Aug 2022 21:51

Shulem Aleichem to everyone on this group.

I am a new member an i think that this is a place to interduce my self.

I am struggling with issues that i see many members here write they they are struggling with.

Hopefully I can get help here and set my self free from the crazy mindset that this what my life is going to be forever.

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