

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 ??? - 04 Sep 2022 19:46

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what are you saying about to open a yiddish thread?

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Re: Welcome Package for Newcomers
Posted by wanttogethelp - 05 Sep 2022 20:07

Hello, I'm a newcomer looking for a copilot

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Re: Welcome Package for Newcomers
Posted by Revuen - 23 Oct 2022 02:07

Hi,

I'm 24 and single and never really told anyone but I'm addicted to looking at porn and

inappropriate stuff. I have times where I don't have urges and don't succumb to my Yetzar hara but there are times where I do. For me the biggest help was getting filters on everything. But I recently got a new job and don't know of a good filter for an HP computer does anyone have any ideas?

I really want to beat this horrible addiction!

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Re: Welcome Package for Newcomers
Posted by Misgaber96 - 23 Oct 2022 02:56

Hi Revuen,

I have Techloq, have tried others and have found it to be the most versatile and strong. I also have had Netfree and that was even better for the addiction, each image is filtered by humans who are told to take any picture with a woman out. But if you need to access some websites they will not allow you to go onto them if they said it was no good.

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Re: Welcome Package for Newcomers
Posted by i-man - 28 Nov 2022 07:35

[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

Hey guys, I noticed that some of the newer members have been strongly pushing others to make phone calls . I suggest reading the part of this thread that Grant started to get a more broad perspective regarding how newcomers may feel.

Regardless ,please keep posting ,everyone who does adds a lot.

I will point out that in searching for this post Iread through a whole bunch of grant's posts , and wow lots of talent , great ideas opinions etc. he added a lot when he posted more frequently.

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Re: Welcome Package for Newcomers
Posted by dollar1010 - 02 Dec 2022 14:50

Hi

I am happy to Join GYE again as i feel this is the right way to go... proven process . .

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Re: Welcome Package for Newcomers

Posted by ??? - 02 Feb 2023 18:08

Where can I find the Flight to Freedom program?

I'm signed in through Gye.nu

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Re: Welcome Package for Newcomers

Posted by Ybird - 02 Feb 2023 18:42

[??? wrote on 02 Feb 2023 18:08:](#)

Where can I find the Flight to Freedom program?

I'm signed in through Gye.nu

i dont think you can access it thru gye.nu

maybe try the regular way?

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Re: Welcome Package for Newcomers

Posted by Ezy - 02 May 2023 11:27

Thanks

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Re: Welcome Package for Newcomers

Posted by frumlondon - 05 May 2023 08:50

Yeah

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Re: Welcome Package for Newcomers
Posted by frumlondon - 05 May 2023 08:51

hi

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Re: Welcome Package for Newcomers
Posted by retrych - 05 May 2023 14:05

hello, welcome

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