

New

Posted by jasonfrank - 03 Oct 2011 00:51

I live in West Texas which is also known as the bible belt, hence there are few outwardly jewish people outside of the two I know. I have struggled with this issue for many years now with occasional successes followed by disastrous repercussions. As I researched some literature relating to this area and judaism I was directed to this site and its a welcomed relief to find everyone already here. I have done 90 day workout programs in the past and know I can do the 90 chart on the site with a little encouragement from all the aspects of GYE.

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Re: New

Posted by alexeliezer - 03 Oct 2011 18:28

Jason,

Welcome to our community! What a great way for you to connect to jews all over the world struggling and overcoming this brain-robbing scourge. Please share more of your story with us. We value your experience and would appreciate your input on other's threads as well.

There's great resources here, and they really work.

Wishing you a healthy, prosperous and sober new year.

Alex

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Re: New

Posted by gibbor120 - 03 Oct 2011 18:54

WELCOME! We are all in the same boat. Here is the official welcome package. You are on your way UP my friend!

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 these areas. We're all in the same boat here. *Tzuras Rabim Chatzi*

. 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.

Nechama

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 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 have advanced to, we will be able to find the right tools to break free in this handbook!

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: New
Posted by bardichev - 03 Oct 2011 19:37

welcome pardner!

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Re: New
Posted by jasonfrank - 04 Oct 2011 00:27

Thank you all very much for the kind words, its much appreciated (especially the ones with the "texan" accent haha). I constantly am required to be on my computer and the K9 blocker has proved wonders in just one day. I am also beyond surprised at how many images of women are EVERYWHERE and that we have become numb to the fact that they are so prevalent. I have never considered myself one to reach out for help and until now and as someone who is usually the outsider, never understood the power of groups with like people before the past few days. Already there is a change inside me from the support and its nice to know that in the fairly depressing times we live in currently, there really are reasons to have hope. I will continue to keep posting on this thread as well as others with progress (barring the ones with the excessive Hebrew which is giving me quite a hard time to read, for now)

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Re: New

Posted by alexeliezer - 04 Oct 2011 15:09

So true! There are images, provocative images, of women everywhere. Advertisers and marketers know what grabs a man's attention and are shameless at using it in their attempts to manipulate us. No mas! I generally try to avoid mass media, but when I do need to look, including on the computer, I will place my hand or a piece of paper over the images and just read the copy. Otherwise, these little stimuli just make us want bigger stimuli....

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Re: New

Posted by obormottel - 04 Oct 2011 15:43

Welcome, brother Jason. I love the fact how unanimous we all are in realizing how great this support system, called GYE, really is. Keep posting, and make good use of other tools available. In my first days here, I felt how my brain was being unwrapped of all the scum that it was buried under each moment that I spent here.

Happy and sweet New Year to you, too!

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Re: New

Posted by Tzvi S. - 04 Oct 2011 15:47

Adblock Plus, the most popular Firefox extension, is now also available for the Google Chrome browser!

adblockplus.org/en/

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Re: New

Posted by bardichev - 04 Oct 2011 16:00

jason please laugh out loud when you read this list

enjoy

Need a vacation? Here is a list of actual places to travel to in

Texas:

Need to be cheered up?

Happy, Texas 79042

Pep, Texas 79353

Smiley, Texas 78159

Paradise, Texas 76073

Rainbow, Texas 76077

Sweet Home, Texas 77987

Comfort, Texas 78013

Friendship, Texas 76530

Love the Sun?

Sun City, Texas 78628

Sunrise, Texas 76661

Sunset, Texas 76270

Sundown, Texas 79372

Sunray, Texas 79086

Sunny Side, Texas 77423

Want something to eat?

Bacon, Texas 76301

Noodle, Texas 79536

Oatmeal, Texas 78605

Turkey, Texas 79261

Trout, Texas 75789

Sugar Land , Texas 77479

Salty, Texas 76567

Rice, Texas 75155

And top it off with:

Sweetwater, Texas 79556

Why travel to other cities? Texas has them all!

Detroit, Texas 75436

Colorado City, Texas 79512

Denver City, Texas 79323

Nevada, Texas 75173

Memphis, Texas 79245

Miami, Texas 79059

Boston, Texas 75570

Santa Fe, Texas 77517

Tennessee Colony, Texas 75861

Reno, Texas 75462

Feel like traveling outside the country? Don't bother buying a
plane ticket!

Athens, Texas 75751

Canadian, Texas 79014

China, Texas 77613

Egypt, Texas 77436

Turkey, Texas 79261

London , Texas 76854

New London, Texas 75682

Paris, Texas 75460

No need to travel to Washington D.C.

Whitehouse, Texas 75791

We even have a city named after our planet!

Earth, Texas 79031

And a city named after our State!

Texas City, Texas 77590

Exhausted?

Energy, Texas 76452

Cold?

Blanket, Texas 76432

Winters, Texas

Like to read about History?

Santa Anna, Texas

Goliad, Texas

Alamo, Texas

Gun Barrel City, Texas

Need Office Supplies?

Staples, Texas 78670

Men are from Mars, woman are from

Venus, Texas 76084

You guessed it... it's on the state line...

Texline, Texas 79087

For the kids...

Kermit, Texas 79745

Elmo, Texas 75118

Nemo, Texas 76070

Tarzan, Texas 79783

Winnie, Texas 77665

Sylvester, Texas 79560

Other city names in Texas, to make you smile..... :

Frognot, Texas 75424

Bigfoot, Texas 78005

Hogeye, Texas 75423

Cactus, Texas 79013

Notrees, Texas 79759

Best, Texas 76932

Veribest, Texas 76886

Kickapoo, Texas 75763

Dime Box, Texas

Telephone, Texas 75488

Telegraph, Texas 76883

Whiteface, Texas 79379

Twitty, Texas 79079

The Anti-Al Gore City

Kilgore, Texas 75662

P.S. Whoops, left out

Muleshoe

Cut'n shoot,

Hoot And Holler,

Ding Dong, and don't forget.....

Farewell, Texas

And, of course, there is a place in Texas that is.....

KNOTT, TEXAS

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Re: New

Posted by alexeliezer - 05 Oct 2011 15:39

Just want to say hey yall !

[jasonfrank wrote on 04 Oct 2011 00:27:](#)

(barring the ones with the excessive Hebrew which is giving me quite a hard time to read, for now)

If you come across something you don't understand, just post a request to translate. If we see this enough, maybe we'll stop talkin jive.

Have a great, clean day!

Alex

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Re: New

Posted by 1daat - 07 Oct 2011 01:28

Bards, how long did that nifty piece of research take? One of your better posts. G'mar...

Hey Jason. My Lashon Kodesh (Bible Hebrew) is fair. But when the guys get going in Hebrew or Yiddish, I just skip it. Usually guys will translate. Not a problem. Welcome.

Yep, as we get clean, we get more aware and sensitive to necklines, etc.. Just keep working the handbooks, and posting, etc. You put k9 up. Way to go. Huge!

Keep us posted

much success. For sure.

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Re: New

Posted by jasonfrank - 10 Oct 2011 15:49

Just got updated to a level 2 on the 90 day chart and am going strong. I have realized that much of my issue was related to advertisements and inadvertent pictures I would see that would trigger my brain. The accountability of the chart has helped immensely and the site in general has allowed to me to find my religion that has been hiding for a while now. Happy new year all.

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Re: New

Posted by obormottel - 10 Oct 2011 15:52

Very nice job, friend. Keep it up, just one baby step at a time!

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Re: New

Posted by alexeliezer - 10 Oct 2011 16:00

[jasonfrank wrote on 10 Oct 2011 15:49:](#)

I have realized that much of my issue was related to advertisements and inadvertent pictures I would see that would trigger my brain.

So true! I wish everyone here would understand this! This is the level where we have to intercept the process. Seeing this stuff just makes us want to see the rest. And don't forget about women walking around. They can set things off too.

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Re: New

Posted by bardichev - 10 Oct 2011 18:59

ok no one will belive me

rosenberg texas 7741

goooooogle it

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