

hello

Posted by 5shekvow - 17 Oct 2011 06:46

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hey, im an 18 year old yeshiva bachur with need of some help. i Got into porn and mast\* when i was 12 and too young to understand and i have had problems ever since. i have gotten some good streaks going and am currently on the 90 day journey. but bein hazemanim has been so difficult. especially at night. i cant even be in my building to learn because iwill want to watch porn. Im really hoping i can get rid of it...if not now then when...

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Re: hello

Posted by obormottel - 17 Oct 2011 07:13

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Welcome brother!

Use this site's many tools and you will succeed!

Hatzlocho!

Do you have a filter on your computer?

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Re: hello

Posted by kidushashem - 17 Oct 2011 11:26

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do you have a 5 shekel vow? check out what the website says about vows...

90 day journey is very good. You should also get a filter or monitoring software, just as obormottel said.

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Re: Welcome Package for Newcomers

Posted by Tzvi S. - 17 Oct 2011 11:40

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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 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.

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 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](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: hello

Posted by 5shekvow - 17 Oct 2011 16:01

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I have an I touch. I don't think there's a forked for it. I got rid of safari by setting it to restrictions  
...thanks for  
the help!

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Re: hello

Posted by tehylimzugger - 17 Oct 2011 16:40

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hatzlacha rabbah! we're all in this together.

hope to get to know you

there are two klallim on this forum

klal aleph: KOT (keep on trucking)

klal beis: KOP (keep on posting)

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Re: hello

Posted by Tzvi S. - 17 Oct 2011 17:53

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Wonderful :D

nun beis: GUITAR (get up, into truck and rowuh!!!!)

don't forget that we are not angels, we can fall, but we need to get right back up and continue fighting...

keep up the good work

Edit: fixed now, thank

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Re: hello

Posted by Humpty Dumpty - 17 Oct 2011 18:23

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you've done one giant step already. you got onto GYE!

I was also struggling for a long time. the hardest part was, that i never was in a situation where i made up my mind that that's the kind of life I want to lead. I just tried and struggled for years, until i was giving up. then i got to GYE. Since then i believe that anyone can do it!

Just believe that you will get out, and keep up with the tools on this site!

I wish you much hatzlocha!

willgetout

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Re: hello

Posted by tehylimzugger - 17 Oct 2011 18:37

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[Technical support wrote on 17 Oct 2011 17:53:](#)

Wonderful :D

don't forget that we are not angels, we can fall, but we need to get right back up and continue fighting...

keep up the good work

he means that we're not angels. although it is "technically" true that we're not angels either....

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Re: hello

Posted by kidushashem - 18 Oct 2011 00:25

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[5shekvow wrote on 17 Oct 2011 16:01:](#)

I have an I touch. I don't think there's a forked for it. I got rid of safari by setting it to restrictions  
...thanks for  
the help!

Not sure what you mean... Are you saying that you have a google app that you can use  
inappropriately, but you don't know the restrictions password so that you can remove it?

If so, why don't you just restore to factory settings, erase that app, change restrictions to allow  
the erasing of apps, just not installing them and have someone else know the password.

but I have a google app that I discovered and I don't know the restrictions password  
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Re: hello  
Posted by 5shekvow - 19 Oct 2011 06:49

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yeah i can use google app innapropriately, but i do keep it deleted soif i fall i haveto download it  
first, which takes a while. i set the restritctions password to getrid of safari buti never restricted  
google. and i dont know that pass. and i need to back up my ipod to restore it.

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Re: hello  
Posted by gibbor120 - 25 Oct 2011 16:25

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WELCOME! You are in the right place. Nice to meet you.

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