

Need help.

Posted by ekadosh - 03 Apr 2012 16:38

I'm looking for help. I just joined GYE recently and I'm a little skeptical that it will work for me, but I'm really desperate. If I see anyone responded I will write more

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Re: Need help.

Posted by ZemirosShabbos - 03 Apr 2012 18:02

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

Nechama

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: Need help.

Posted by ZemirosShabbos - 03 Apr 2012 18:11

hi ekadosh and welcome,

the above is the standard welcome package. please read it, it has a lot of important information.

while i don't know your situation, i am confident that you can be helped. so please keep posting

wishing you a lot of hatzlocha

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Re: Need help.

Posted by obormottel - 03 Apr 2012 18:42

Welcome, friend!

There are a lot of us here who swear by the tools offered here to have helped us in the areas of shmiras habris and internet/pornography addiction.

Please share with us why you think your case is unique, and perhaps the communal wisdom will help you out of desperation (as you called it).

Mottel

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Re: Need help.

Posted by chaimyakov - 03 Apr 2012 19:32

Welcome friend. When i first found this site, i was sure i couldn't be helped because i was sure i didnt have that big of a problem. Well i am over 5 months clean for the first time in over 30 years and most if not all of the credit goes to GYE(of course it is all HASHEM, but that is another topic). My situation is not unlike so many others here. Read the material, the posts and keep posting.

Hatzlacha in all things GOOD.

chaimyakov

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Re: Need help.

Posted by ur-a-jew - 04 Apr 2012 00:04

[ekadosh wrote on 03 Apr 2012 16:38:](#)

If I see anyone responded I will write more

Welcome we are anxiously waiting. Much hatzlacha

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Re: Need help.

Posted by Eye.nonymous - 04 Apr 2012 07:39

Hello Ekadosh.

(I just hopped over from your other thread.)

Just wondering--what's your story?

Good luck,

Elyah

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