

GET A PHD IN GYEONICS

Posted by the.guard - 31 Dec 2009 13:11

I need more experts on this forum in the handbooks. I won't always have the time to post links to them, and to the relevant chapters therein. Who wants to take it upon themselves to study the handbooks well and be able to start pointing people to the relevant sections? It's a shame that I seem to be the only one who knows them well enough to point things out from them. I believe they are the foundation of the entire GYE approach, i.e. progressively powerful tools for progressive levels of addiction. This is a *chiddush* of GYE that you won't find anywhere else in the world, to my knowledge. And we need to have more people trained in this approach.

Common guys, who wants to apply for a PHD in GYEonics? Graduation is in 3 months. I will be

(For those who are interested, write me an e-mail and I'll send you a more updated version of the GYE handbook which is almost ready to be posted on the site).

KLAL YISRAEL NEEDS YOU. In the place where there are no men, BE A MAN!!

Let me tell you a little about the two GuardYourEyes handbooks. They lay down the cornerstone and foundation of our work, and they make our network much more effective and helpful for people. giving out certificates to those who can pass a special test I will create.

You see, until now, people would often get "lost" when coming to our website, not knowing what tips and techniques to try. For example, a beginner wouldn't jump straight into therapy or 12-Step groups, while on the other hand, someone whose addiction was more advanced wouldn't be helped by the standard tips of "making fences" putting in "filters" etc... So it was essential to develop a handbook which details all the techniques and tools to dealing with this addiction in progressive order. Now with these handbooks, anyone can read through and see what steps they've tried already, and if those steps haven't worked, they can continue on through the handbook where the steps become progressively more powerful and "addiction-oriented".

And the second handbook, called the "Attitude" handbook, can also help anyone, no matter what level of addiction they may have. Often people write in to us saying that had they only known the proper outlook & attitude that we try and share on the GuardYourEyes network when they were younger, they would have never fallen into an addiction in the first place! So we hope that through this handbook, many addictions will be prevented.

The handbooks are PDF files, set up as eBooks, and they have bookmarks and hyper-links in the Index, to make them easy to navigate.

Make sure to read them, they contain a wealth of information on beating this addiction! And I'd love to hear your feedback on them...

Note: You might want to print them out to read away from the computer. Keep in mind though, that if you do this, you won't be able to click on the many web links in the articles. But you can always come back to them later. The truth is, it's anyway good to go through the whole handbook once without clicking on links, just to get an overview of all the tools available. Once you did that, you can start again from tool #1 and read each tool through more carefully, click the links and study each technique and assess whether you have tried it fully yet or not...

Right click on the links below and select "Save Link/Target As" to download the handbooks to your computer.

1) [The GuardYourEyes Handbook](#)

This Handbook details 18 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. For the first time, we can gauge our level of addiction and find the appropriate tools for our particular situation. And 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!

2) [The GuardYourEyes Attitude](#)

The Attitude Handbook details 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...

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Re: GET A PHD IN GYEONICS

Posted by TrYiNg - 05 Jan 2010 08:10

kewl 8) 8)

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Re: GET A PHD IN GYEONICS

Posted by imtrying25 - 05 Jan 2010 09:33

[TrYiNg wrote on 05 Jan 2010 08:10:](#)

kewl 8) 8)

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Can whippersnappers join up too? Or must u be at least 70 yrs old? :

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Re: GET A PHD IN GYEONICS

Posted by 7yipol - 05 Jan 2010 13:24

[TrYiNg wrote on 05 Jan 2010 08:10:](#)

kewl 8) 8)

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Are you my daughter or great grand-daughter? :o

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Can whippersnappers join up too? Or must u be at least 70 yrs old? :

Re: GET A PHD IN GYEONICS
Posted by Kollel Guy - 05 Jan 2010 13:37

Here's the real biggie....

How long do you have to be clean for?

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Re: GET A PHD IN GYEONICS
Posted by the.guard - 05 Jan 2010 15:05

To get the GYE sponsor certificate, you need to be at least 90 days clean and pass a test on the handbooks.

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Re: GET A PHD IN GYEONICS
Posted by Kollel Guy - 05 Jan 2010 21:20

There's a vichtigeh nekudah that you need to be mazbir.

Is pshat..... that "passing the test" is b'etzem the actual chalois of an aliyah - to a darga which makes you a mod...

OR is the pshat just that it's nothing more than a gilui that you know all the neccessary information to become a mod.

L'mai nafka minah?

I'll tell you.

Because if you have a case where somebody reaches his 90 days - only **AFTER** he "passes the test", so it comes out the halacha will be different lefi each tzad.

If it's nothing more than a gilui daas that you **know** the information, then even though your not by 90 days NOW, shas the zman ha-test, still the gilui daas blaibs, mimeila as soon as he reaches his 90 days, the chalois of "mod" is chal on him by itself.

Ma she-ein kein if the "passing the test" is the eztem chalois of mod, then the fact that this guy "passed the test" a week ago - (shouting and wild thumb movements) doesn't help him NOW when he reaches his 90 days!! Because the chalois happened at a time when he was bichlal not shayach to becoming a mod, and mimeilah he would need to pass a **NEW** test AFTER he reaches his 90 days!!!!

Anxiously waiting your reply,

KG

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Re: GET A PHD IN GYEONICS

Posted by TrYiNg - 05 Jan 2010 21:34

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Its a GOOOD incentive

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Re: GET A PHD IN GYEONICS

Posted by Kollel Guy - 05 Jan 2010 21:42

[TrYiNg wrote on 05 Jan 2010 21:34:](#)

Ahh smart guard..Its a GOOOD incentive

A **MOD!!!**That's right, Just imagine it... See a post you don't like, and with a click - it will disappear off the face of the earth! As if it never even existed....

Don't know about you, but I'd do a lot more then just know the handbooks by heart - to get *that!*

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Re: GET A PHD IN GYEONICS

Posted by the.guard - 05 Jan 2010 22:35

KG, it's a machlokes, and for people like you who are choshesh, we have two different tests to be yotzeh both shitos.

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Re: GET A PHD IN GYEONICS

Posted by UTS - 15 Mar 2010 07:42

[Kollel Guy wrote on 05 Jan 2010 21:20:](#)

There's a vichtigeh nekudah that you need to be mazbir.

KG

Fantastic! And thanks for reminding me, or teaching me actually, some good words needed to express oneself. I haven't used those too often, but sure enough heard them a lot, without realizing what they meant. Also, sorry for being serious here when the thread seems to be going in another direction. I'm too tired for anything else now.

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