

FLIGHT TO FREEDOM course is finally available

Posted by ChaimMod - 02 Dec 2021 17:31

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We're super excited to announce that the long awaited FLIGHT TO FREEDOM course is finally available for current GYE members.

**For the past 3 years**, GYE's R&D team has sifted through mountains of **brain science** research relating to **addiction and behavior change**, as well as all recovery programs and dozens of books on the topic, in order to develop the GYE FLIGHT TO FREEDOM.

This revolutionary multi-layered program contains a rich collection of evidence-based Torah-aligned tools to help you reach **long term recovery**.

The FLIGHT TO FREEDOM course is designed for people who are serious about recovery from porn and masturbation, and are willing to devote about two hours a week, for the next 9 weeks.

We need your feedback to be able to continue improving the course and the lives of the GYE members.

<https://f2f.guardyoureyes.org/>

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Re: FLIGHT TO FREEDOM course is finally available

Posted by Hakolhevel - 03 Dec 2021 13:38

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Can you add f2f to the app?

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Re: FLIGHT TO FREEDOM course is finally available

Posted by Pb98 - 06 Dec 2021 04:27

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We have an app?

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Re: FLIGHT TO FREEDOM course is finally available

Posted by Hakolhevel - 07 Dec 2021 04:16

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I'm using it right now

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Re: FLIGHT TO FREEDOM course is finally available

Posted by sleepy - 12 Dec 2021 00:25

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[ChaimMod wrote on 02 Dec 2021 17:31:](#)

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so this program is geared to people who have an addiction ?

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Re: FLIGHT TO FREEDOM course is finally available  
Posted by MenachemGYE - 12 Dec 2021 02:15

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Hi Sleepy,

Addiction is a very wide spectrum.

For some programs (like the 12-step program), it matters a lot whether you're an "addict" or not, and how exactly you define addiction. In this program, we've focused on solutions that work for everyone regardless of where you fit on the spectrum.

(Of course, the further along you are on the spectrum, the more effort it will take to actually implement the tools. Also, the more "addicted" you are, the more essential it is to have extra support like a partner/mentor, therapy, or a group meetings.)

Does that answer your question?

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Re: FLIGHT TO FREEDOM course is finally available  
Posted by Sapy - 12 Dec 2021 15:09

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I guess we will havto change it from "keep on trucking" to "keep on flying"...

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Re: FLIGHT TO FREEDOM course is finally available  
Posted by Lou - 12 Dec 2021 17:19

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Completing the questionnaire in the beginning... Does anyone know how they define pornography? Does it mean only real porn or also inappropriate youtube etc?

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Re: FLIGHT TO FREEDOM course is finally available  
Posted by Shmuel - 12 Dec 2021 17:33

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[Lou wrote on 12 Dec 2021 17:19:](#)

Completing the questionnaire in the beginning... Does anyone know how they define pornography? Does it mean only real porn or also inappropriate youtube etc?

I dont know what they have in mind but i just assumed its how i define my challenges...

Hope one of the mods can give some insight

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Re: FLIGHT TO FREEDOM course is finally available  
Posted by MenachemGYE - 12 Dec 2021 19:37

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Hi Lou, it's cool that you're being so careful!

In the case you described, I think "I look at immodest pictures, but not pornography" would be the most accurate option.

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Re: FLIGHT TO FREEDOM course is finally available  
Posted by Lou - 12 Dec 2021 20:02

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[MenachemGYE wrote on 12 Dec 2021 19:37:](#)

Hi Lou, it's cool that you're being so careful!

In the case you described, I think "I look at immodest pictures, but not pornography" would be the most accurate option.

Thank you

Is anything in the course actually tailor made based on the responses given?

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Re: FLIGHT TO FREEDOM course is finally available  
Posted by MenachemGYE - 12 Dec 2021 21:07

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Currently it's the same for everyone, but in the next edition (to be launched in the end of January) there will be personalization options based on these responses.

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Re: FLIGHT TO FREEDOM course is finally available  
Posted by excellence - 13 Dec 2021 12:51

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Is this course all anonymous?

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Re: FLIGHT TO FREEDOM course is finally available  
Posted by MenachemGYE - 13 Dec 2021 12:52

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Yes, absolutely.

However, we will soon introduce the option of having a coach, and if you agree, you're coach will be able to see your info.

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Re: FLIGHT TO FREEDOM course is finally available  
Posted by Trouble - 13 Dec 2021 13:56

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[MenachemGYE wrote on 12 Dec 2021 21:07:](#)

Currently it's the same for everyone, but in the next edition (to be launched iy"h at the end of January) there will be personalization options based on these responses.

i kinda had that feeling, which is why i didn't continue after the intro. but it does seem like there's good stuff there.

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