

FLIGHT TO FREEDOM course is finally available

Posted by ChaimMod - 02 Dec 2021 17:31

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 ChaimMod - 20 Jan 2022 16:43

[excellence wrote on 20 Jan 2022 14:10:](#)

Can anyone please tell me, What is the meaning of "clean score" and "Total points" on the f2f dashboard?

Also I understand that this is a 9 week course, does that mean I should focus on doing a whole lesson every week?

Thank you

Clean score is a algorithm that takes into account your current streak, as well the percentage of your clean days during the last 30 days.

Points are earned for completing actions on the site - but it's still experimental. It will be finalized in the coming weeks and then we'll announce how it works.

About the 9 week question, as we all know that changing habits takes time and effort so we intentionally built the course in a way so people have enough time to work thru the lessons one week at a time...

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Re: FLIGHT TO FREEDOM course is finally available
Posted by doingtshuva - 27 Jan 2022 23:52

[A. green wrote on 15 Dec 2021 21:12:](#)

Is it .com or .org ?

I have problems with my filter.

I have Nativ usa and f2f worked very well till a few weeks ago when Nativ started to block it.

In order to allow this site I have to contact Nativ.

I am just wondering what changed, that at once the filter blocks f2f ?

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Re: FLIGHT TO FREEDOM course is finally available
Posted by wilnevergiveup - 28 Jan 2022 06:13

[doingtshuva wrote on 27 Jan 2022 23:52:](#)

[A. green wrote on 15 Dec 2021 21:12:](#)

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I am just wondering what changed, that at once the filter blocks f2f ?

Interesting. I have Nativ also and it works just fine.

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Re: FLIGHT TO FREEDOM course is finally available

Posted by excellence - 08 Feb 2022 20:17

Dear programmers!

Firstly, thank you for such an incredible incredible program.

Please allow me to make a small suggestion to enhance the amazing f2f program.

As soon as I click to continue the course it unlocks the next topic, and takes me straight to that topic. However often I am still working on the current topic, and even though I am not ready to move on, it just takes me to the next topic.

So for example in my case it unlocked level 2 before I was even half way through level one! because every time I clicked "continue" it kept just moving on to the next topic.

Perhaps you can sort this out.

Thank you again.

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Re: FLIGHT TO FREEDOM course is finally available
Posted by ChaimMod - 08 Feb 2022 21:04

[excellence wrote on 08 Feb 2022 20:17:](#)

Dear programmers!

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So for example in my case it unlocked level 2 before I was even half way through level one! because every time I clicked "continue" it kept just moving on to the next topic.

Perhaps you can sort this out.

Thank you again.

Thank you for the feedback and suggestion.

We'll definitely address this issue as we're constantly improving this program and all of our tools.

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Re: FLIGHT TO FREEDOM course is finally available

Posted by excellence - 14 Feb 2022 07:57

On the daily reflection tool, If I click setback, it resets my streak even though it may have been only a slip but not actually P or M.

?Perhaps on the next version of F2F there can be an option to log a slip without resetting the streak.

Warning: Spoiler!

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Re: FLIGHT TO FREEDOM course is finally available
Posted by OivedElokim - 16 Feb 2022 19:25

Is there something wrong with the site? It's not loading on my phone or laptop...

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Re: FLIGHT TO FREEDOM course is finally available
Posted by the.guard - 16 Feb 2022 20:18

Is anyone else having trouble? It loads fine on my end.

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Re: FLIGHT TO FREEDOM course is finally available
Posted by Trouble - 16 Feb 2022 21:32

[the.guard wrote on 16 Feb 2022 20:18:](#)

Is anyone else having trouble? It loads fine on my end.

my wife is having trouble.

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Re: FLIGHT TO FREEDOM course is finally available
Posted by excellence - 17 Feb 2022 19:08

[OivedElokim wrote on 16 Feb 2022 19:25:](#)

Is there something wrong with the site? It's not loading on my phone or laptop...

I had that issue when I first tried to log in. It was a tech fault on GYE's end. They sorted it out for me.

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Re: FLIGHT TO FREEDOM course is finally available
Posted by A. green - 17 Feb 2022 21:02

About the Daily Reflection Tool.

If I have 2 setbacks on the same day, I want to report it on the daily reflection, the strength & the cue's. Is there a possibility for that?

(It should never happen...)

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Re: FLIGHT TO FREEDOM course is finally available
Posted by Trouble - 17 Feb 2022 21:12

[A. green wrote on 17 Feb 2022 21:02:](#)

About the Daily Reflection Tool.

If I have 2 setbacks on the same day, I want to report it on the daily reflection, the strength & the cue's. Is there a possibility for that?

(It should never happen...)

first, report it as a fall (bad word), then log out of the program, read a lesson, say three kapitlech tehillim, jog around the block backwards, then log back in; at that point you should be able to enter in chizuk mode. now, in your hypothetical, you experienced an additional setback, so that

means that the chizuk wasn't in overdrive; accordingly, you do not need to check off the "fall" (bad word) button, as you still must be locked in the grasp of the devil. log out again, this time say seven kapitlech tehillim, jog around the block backwards twice, then log back in. if you are still struggling, log out, create a new user name and record your challenges. if all else fails, you can always call 202-456-1111, option 2424.

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Re: FLIGHT TO FREEDOM course is finally available
Posted by sleepy - 17 Feb 2022 22:11

[Trouble wrote on 17 Feb 2022 21:12:](#)

[A. green wrote on 17 Feb 2022 21:02:](#)

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and learn musar, it really works for those who work it very seriously (unless youre an addict, in that case i dont give my opinion, i posted with the assumption that youre from the majority of gye, a safe assumption,

zil basar ruba)

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Re: FLIGHT TO FREEDOM course is finally available

Posted by Markz - 18 Feb 2022 01:35

[Trouble wrote on 17 Feb 2022 21:12:](#)

[A. green wrote on 17 Feb 2022 21:02:](#)

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A guy gets out of his double parked car on 13th Ave. about to enter the store but can't because there's a whole bunch of people walking backwards - this is wiiierd - which demonstration is that????

BLMS

Warning: Spoiler!

You really need to watch out before you write a post - You might just bring the Truckers protest to brooklyn and it will not end well.

KEEP ON HONKING!!!!!!!!!!

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