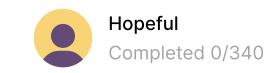


Get help



You are now at a step...

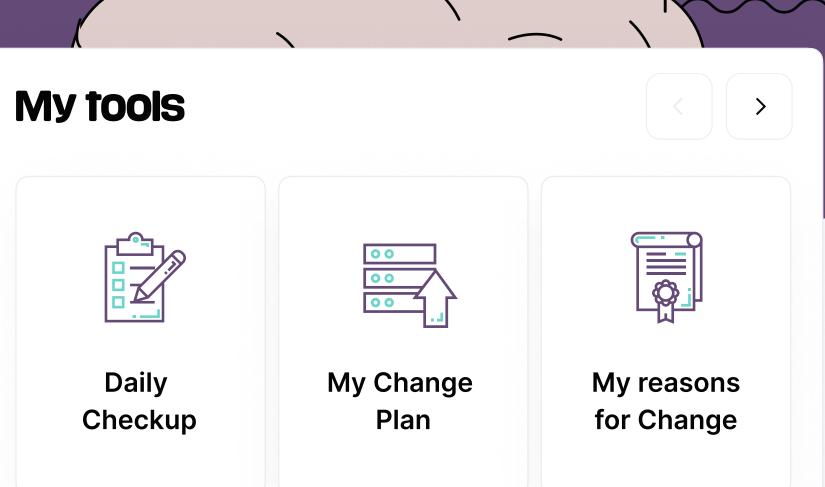
Step 1. Getting Started

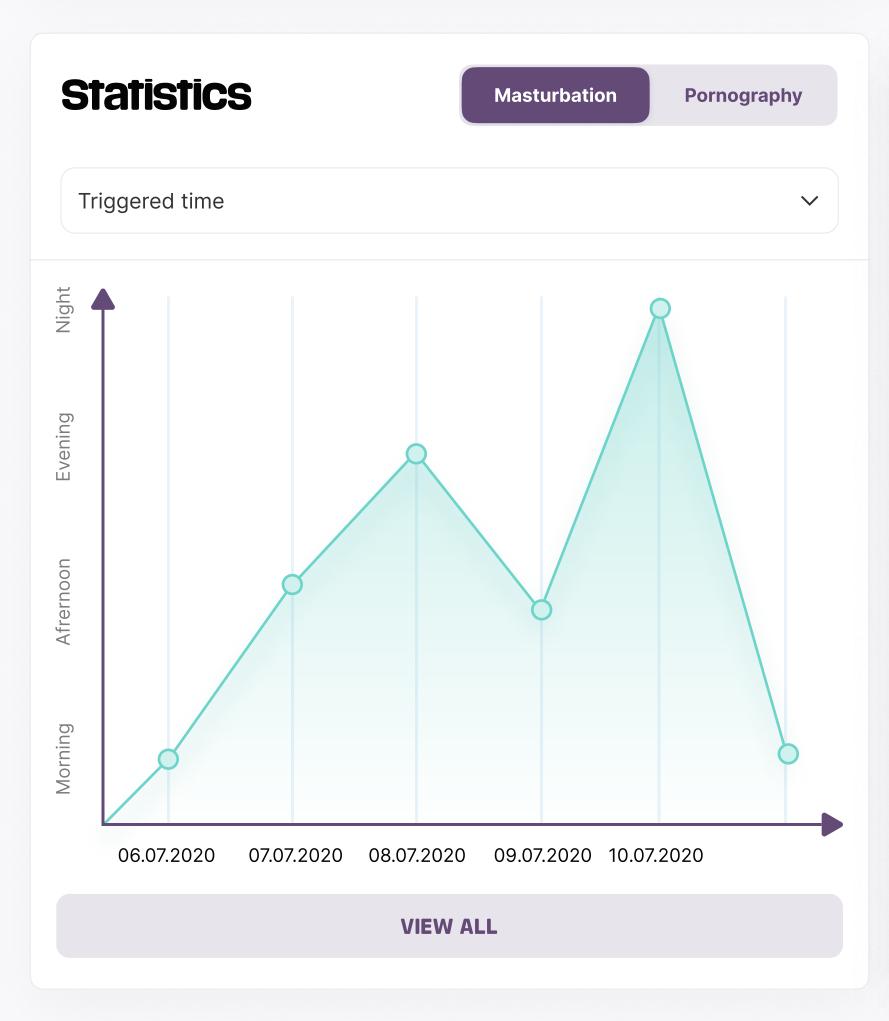
In this step, you will become familiar with the method of quitting addiction and take the first step towards being clean.

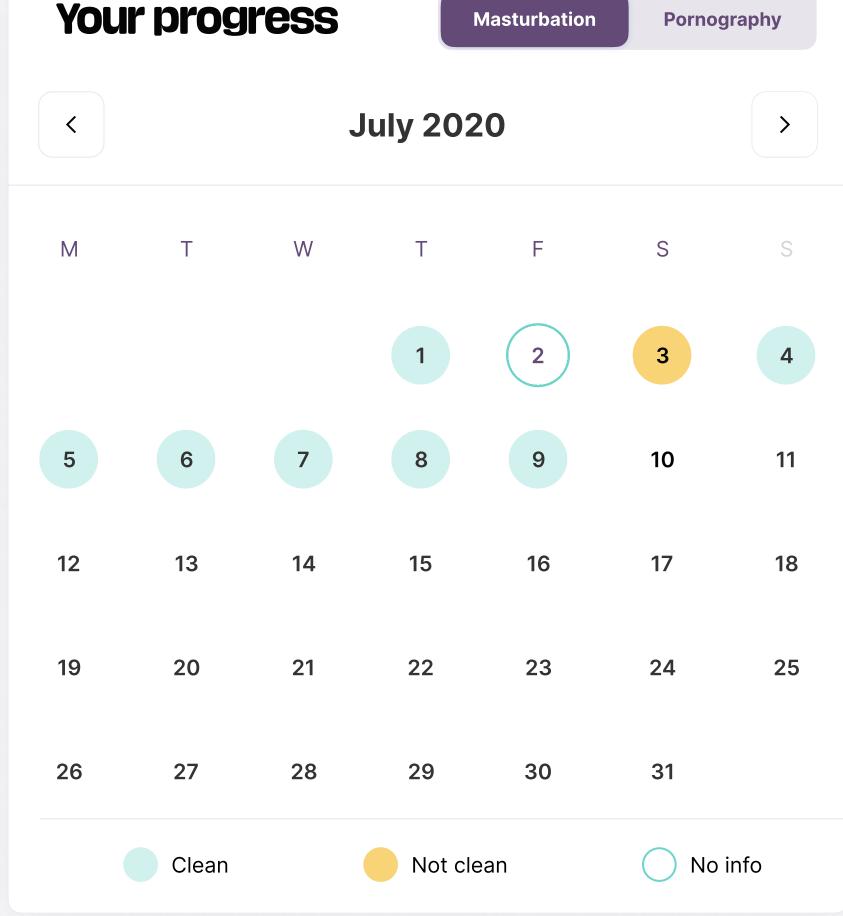
BEGIN



My Supporter Menachem Welcome to the GYE platform! Our platform enables you to overcome addiction and come to clearliness.









& 646-600-8100 (USA)

& 1599-500-119 (Israel)

Getting Started
Big Picture
Your Reasons 4 Change
Boost Your Motivation
My Change Plan
Dealing with Seatbacks
Tracking & Monitoring
Social Support

Your Program

Inspiration

Articles

Videos

Ebooks

Filters

Kosher Isle

Torah

Stories

Newsletter Archive

Audio Library

GYE Handbook

Get Help
Testimonials
Tips & Suggestions
12 Step
Additional Recovery
Q&A
Chizuk
Prevention
The Secret of Happiness
Windows of the Soul

CommunityDig DeeperPartner ProgramCourse #1ForumCourse #2Chat RoomCourse #3Group SupportCourse #4New Live Chat

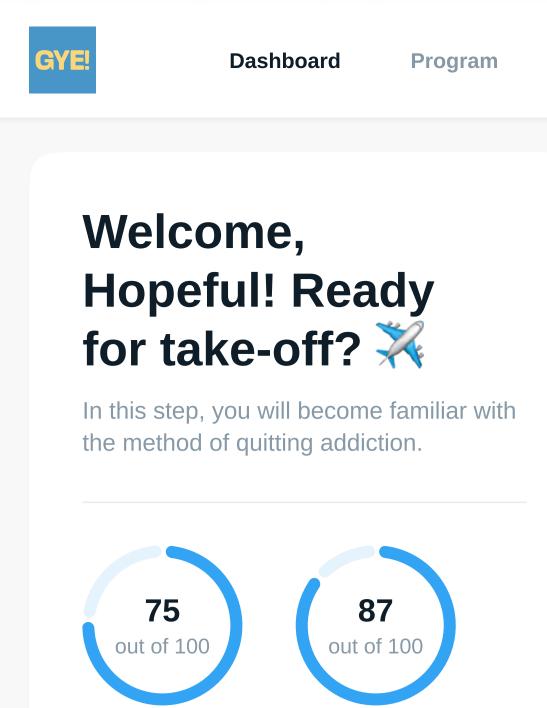


HOW TO BUILD A PLAN

Our Experience Shows That Planning Your Success With The Right Tools Increases Your Chances X3 Time, For Success Immensely

* Your plan is saved as you work, making sure you don't lose your progress

What Change(s) Do I Want To Make?	When you have an urge to do something, the urge will usually go away by itself after a short time. If you have an urge to scratch a mosquito bite, how long does the itch last if you do nothing? Maybe a few minutes. The same thing happens with urges to engage in a behavior. My Plan
Quit Date (When Will Your Plan Be Ready?):	Introduction 02:12 :
09/25/2020	Way A Plan? Can't I Just Start The Program? 02:12
How Important Is This Change To Me? (1-10 Scale)	The Road To Success To A Successful Plan 02:12
1 2 3 4 5 6 7 8 9 10	Strategies For Change 02:12
The Most Important Reasons I Want To Make This Change Are:	Dealing With Failure 02:12
	Unrealistic Beliefs About Urges 02:12
	Don't Forget The Rewards 02:12



Commitment

score

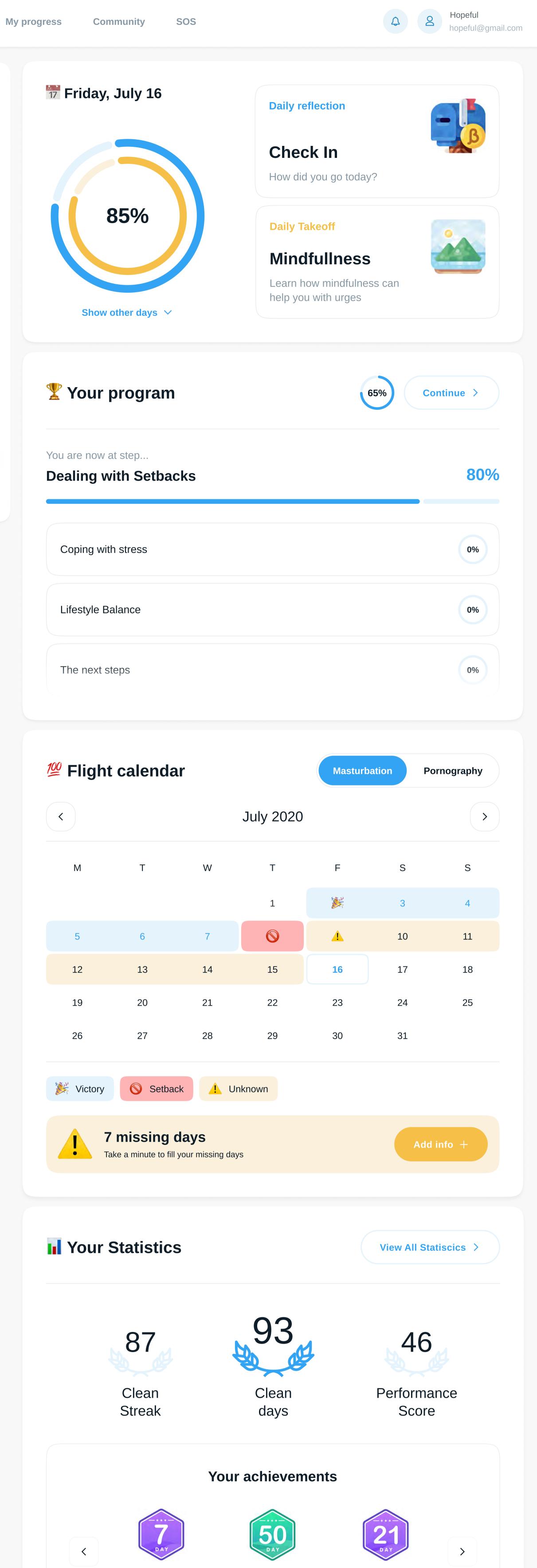
Perfomance

score

day for you

Difficulty graph

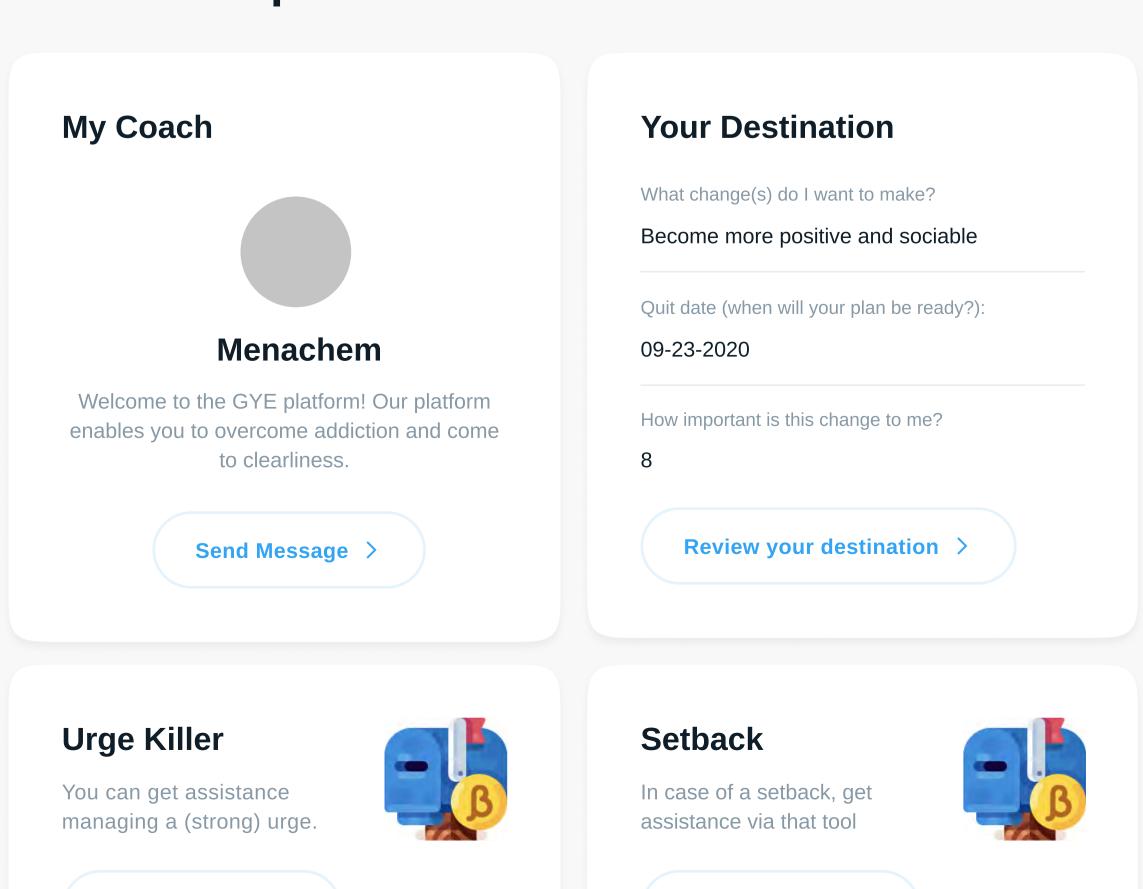
That shows the overall Difficulty by





Get Assistance >

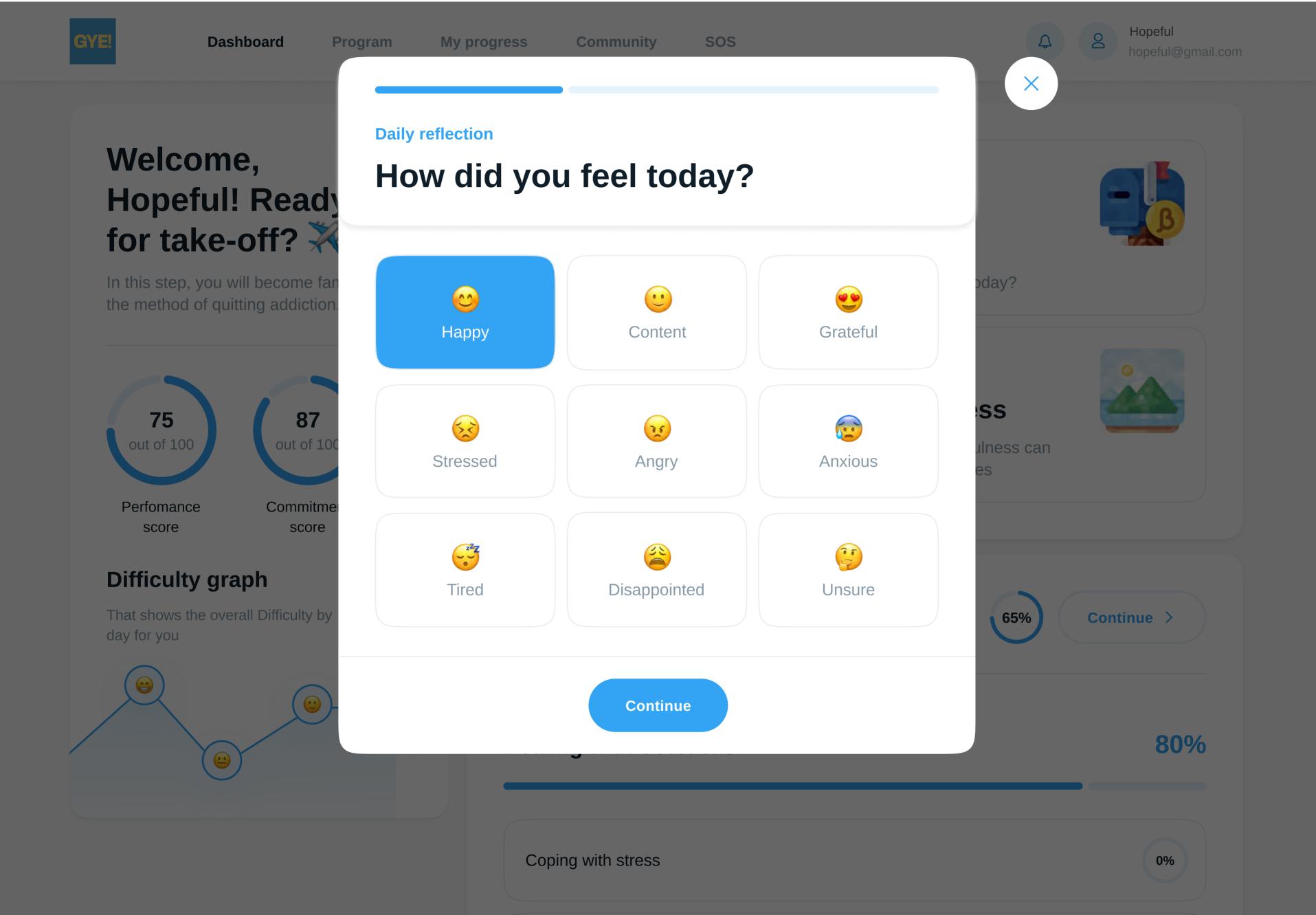
7 days streak,

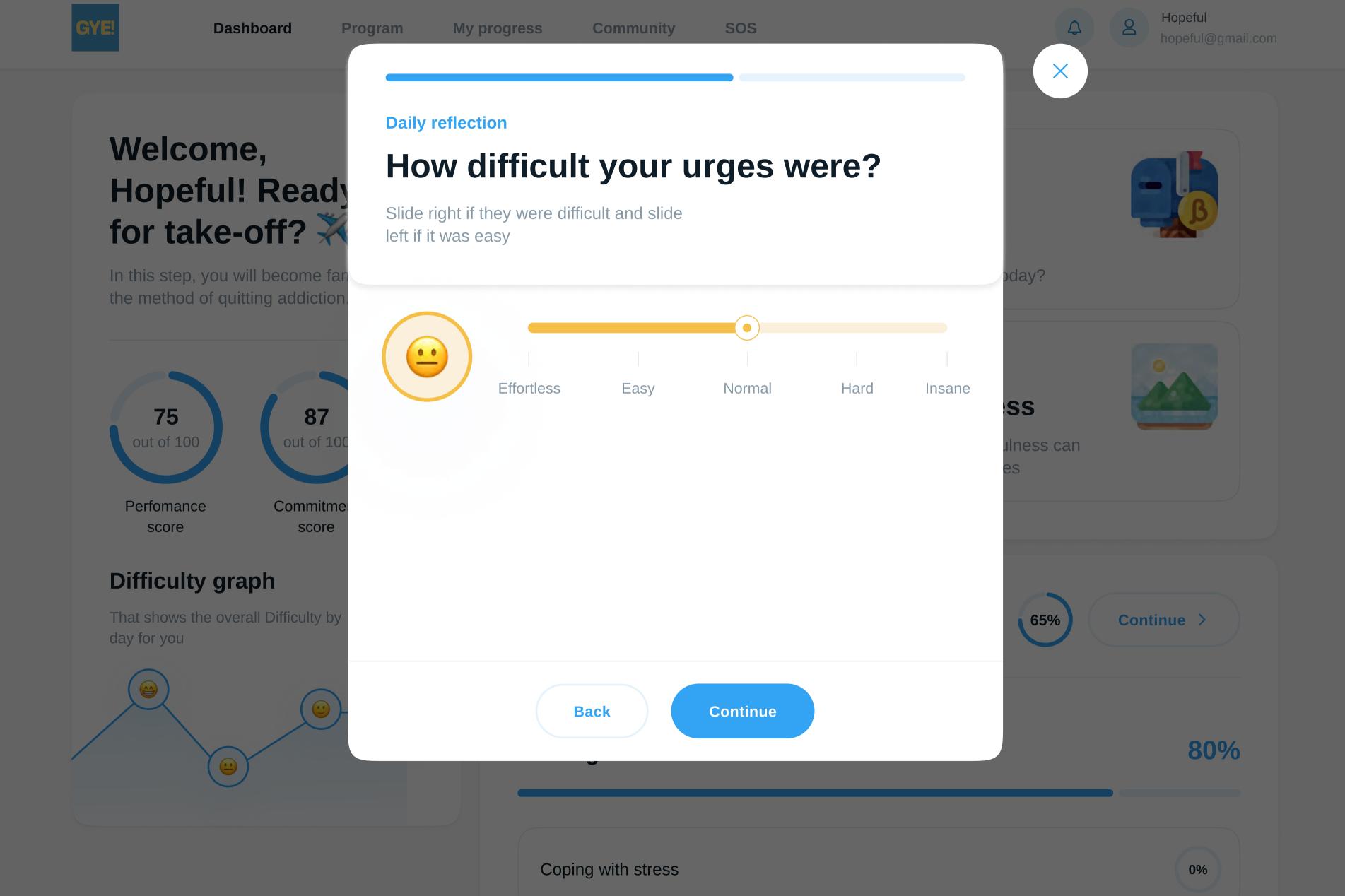


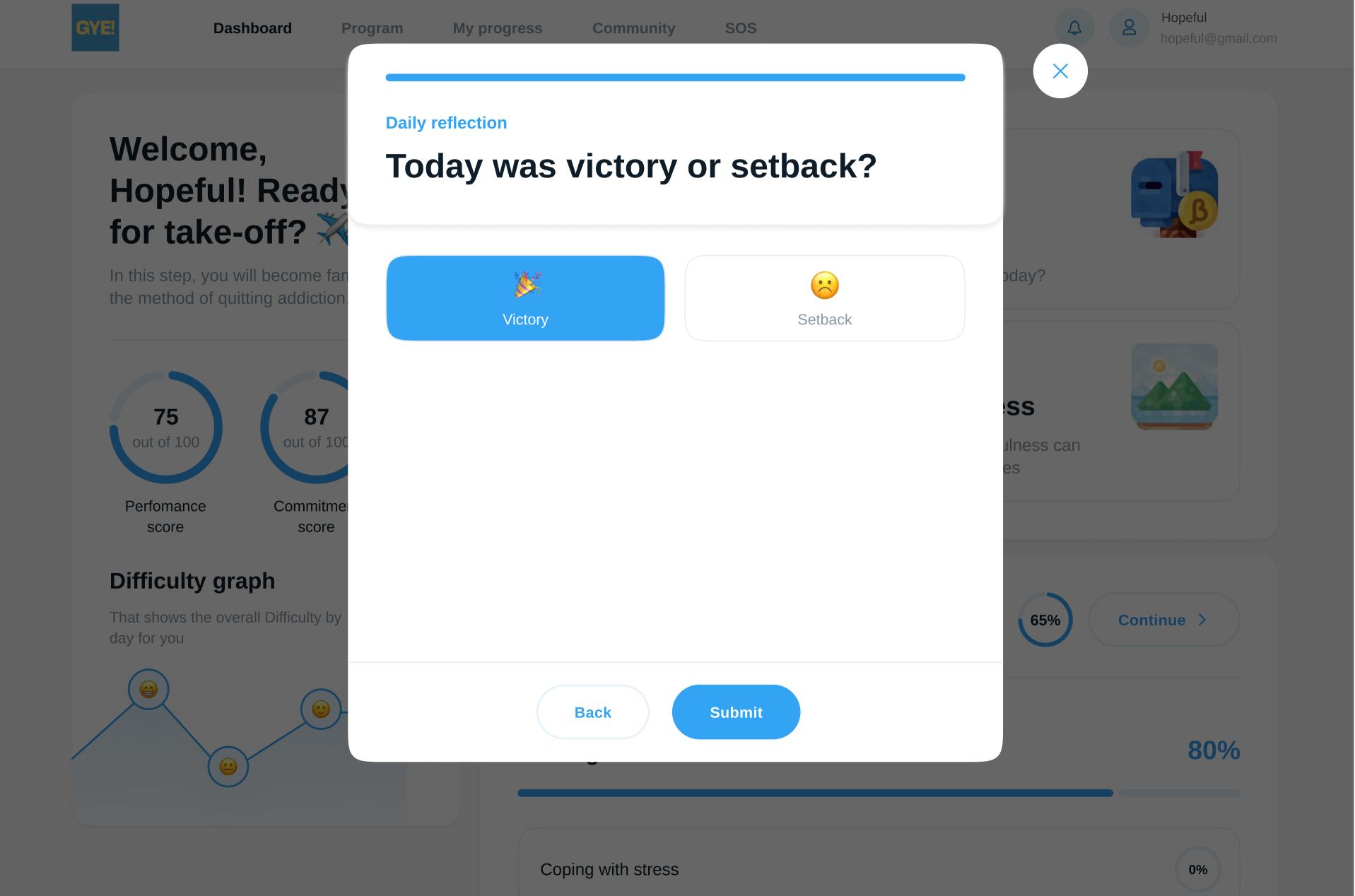
50 days streak,

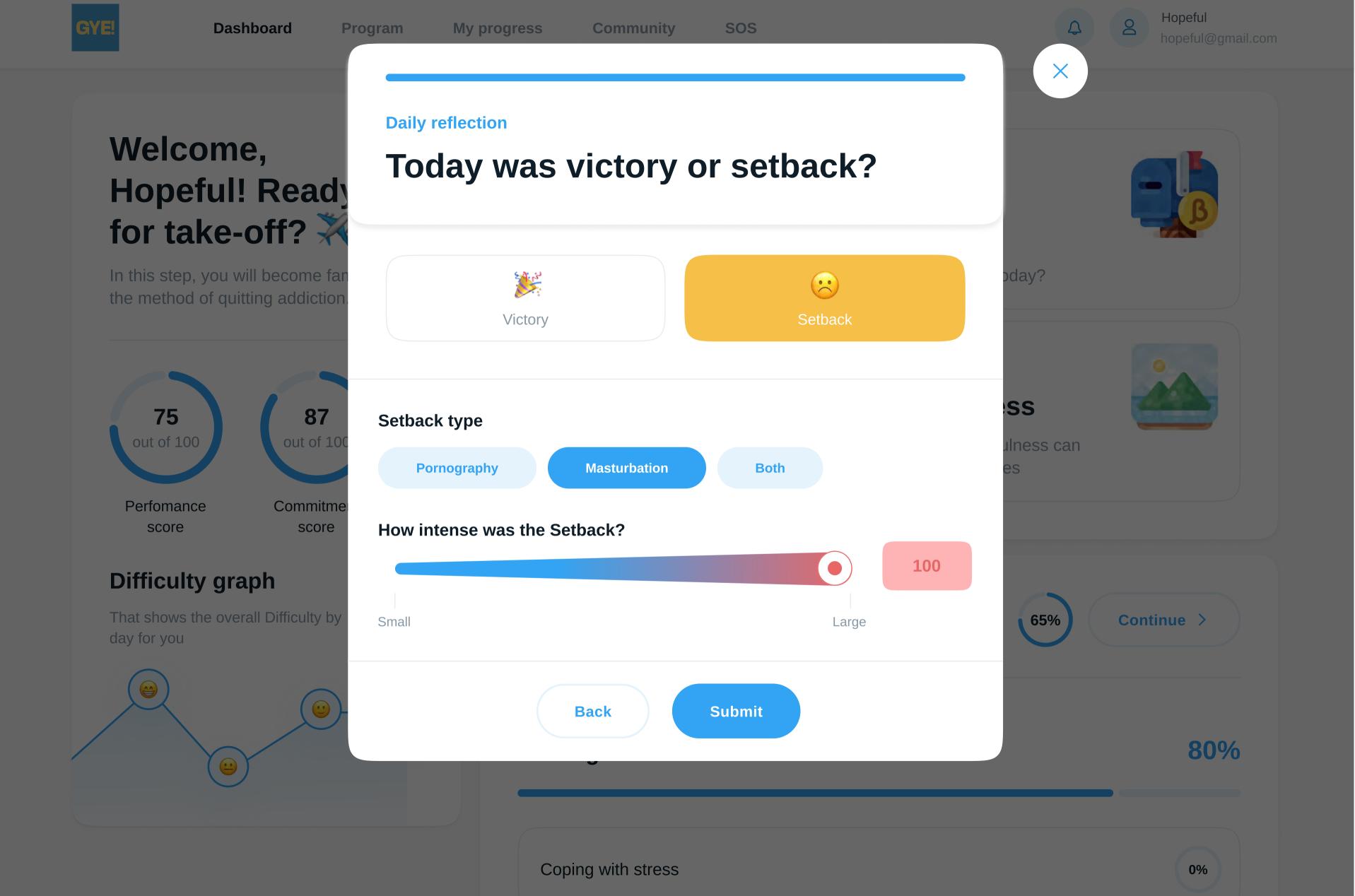
21 days streak,

Get Assistance >











Welcome to change plan worksheet

Quitting can be hard. Having a plan makes things a bit easier. Making a personalized quit plan can keep you on track and help you through the times that challenge you the most.

Complete 10 steps to get your personalized quit plan.

START NOW





What change(s) do I want to make?

Enter your answer



Make a commitment that no matter what, you won't act on an urge right away

Ride the wave

Instead you'll wait at least 20 minutes (or some other amount of time). Hopefully, by then the urge will have passed.

Surf the Urge

Just like a surfer knows how to ride a wave without getting hurt, an urge surfer learns how to let an urge come and pass

Rate your urge

Write in your urge log (see below). Put it in perspective and look for exaggeration.

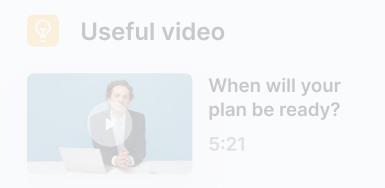
BACK

NEXT

Quit date (when will your plan be ready?):

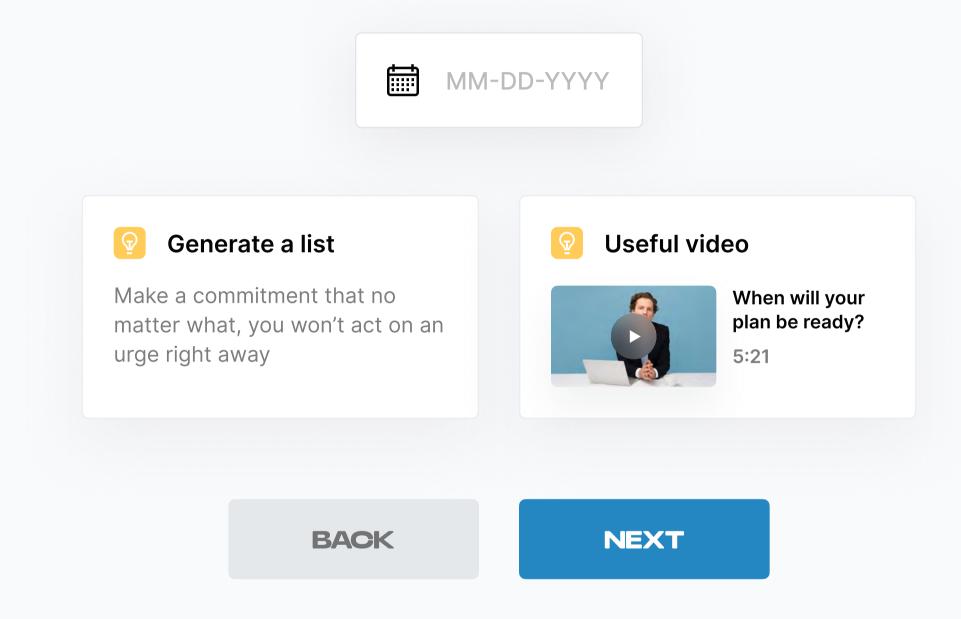








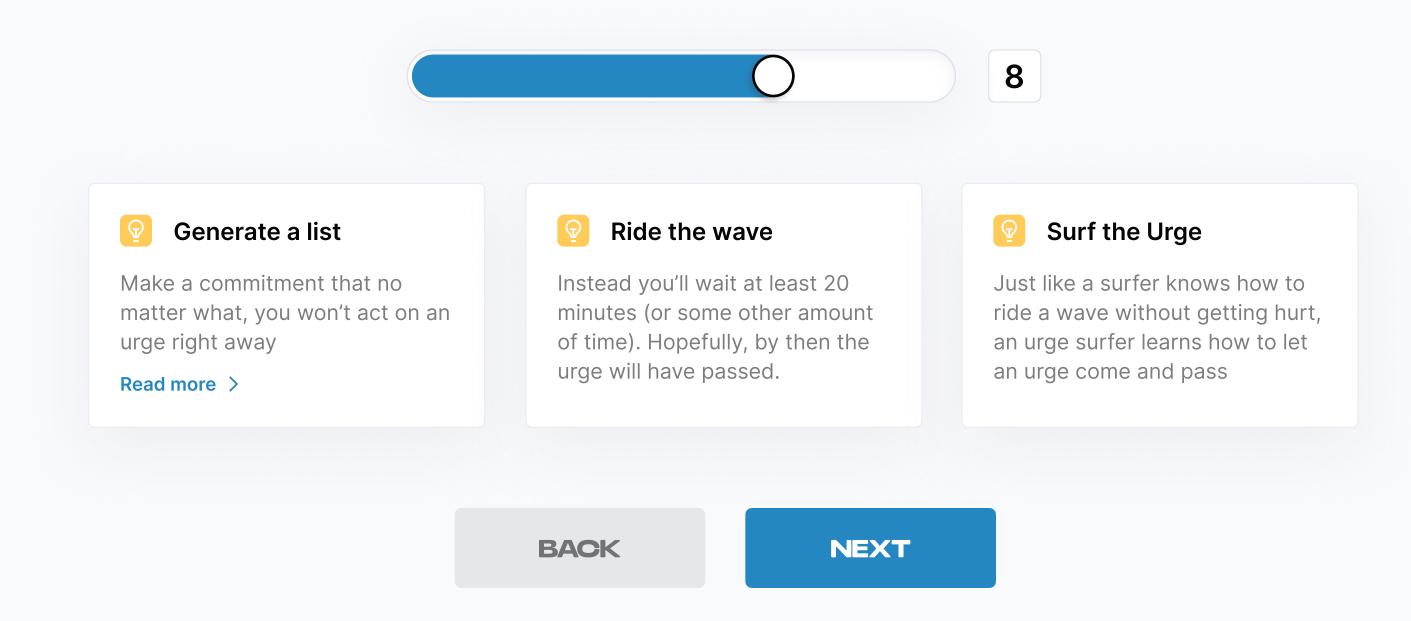
Quit date (when will your plan be ready?):



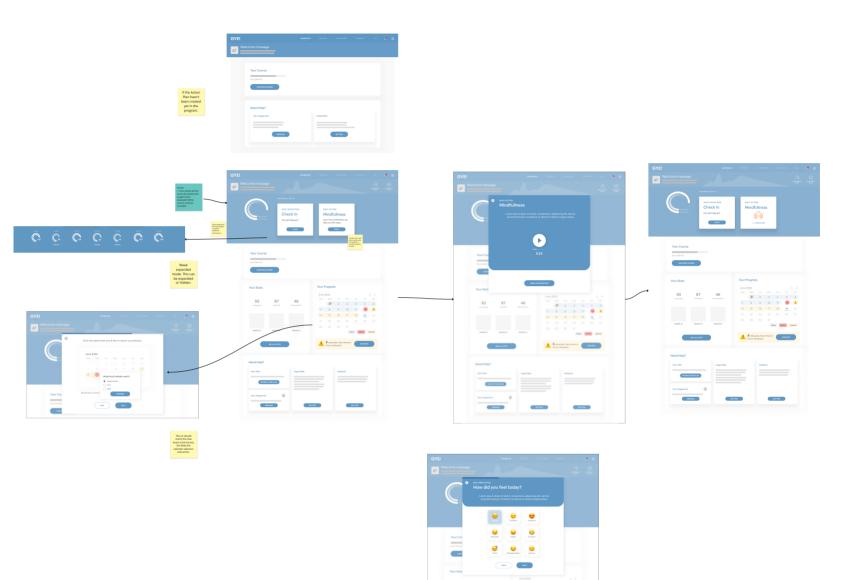
How important is this change to me?

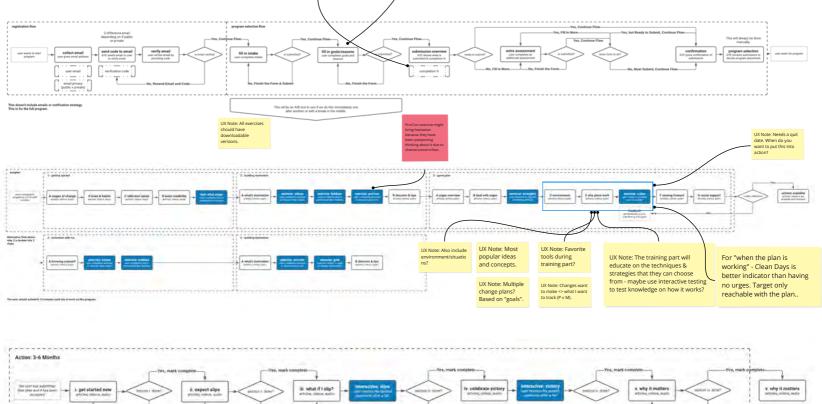


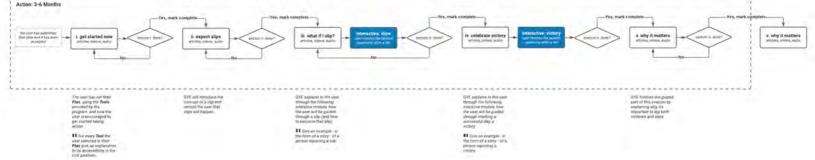
How important is this change to me?



How confident am I that I can make this change?





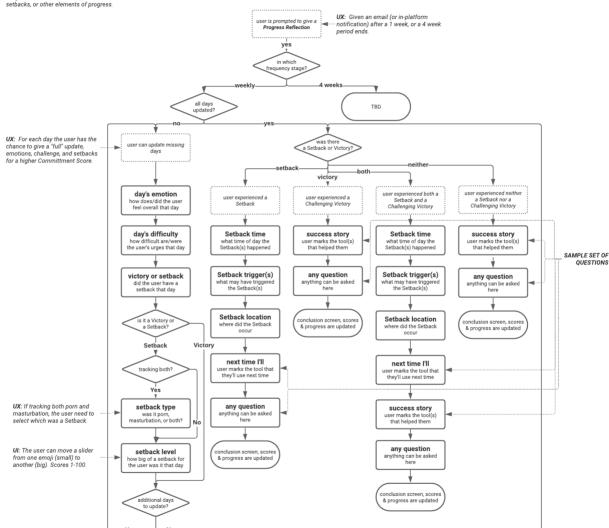


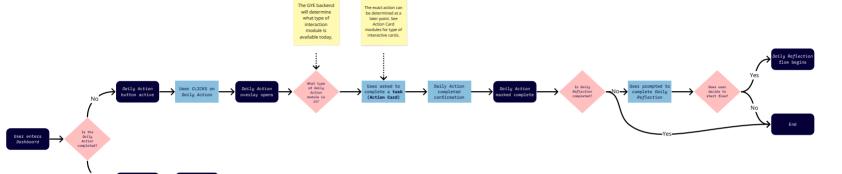
The flow for the Daily Reflection.

(Weekly).

PROGRESS REFLECTION FLOW 1.2

Progress Reflections are every 1 week or every 4 weeks on Thursday evening at 20.00. They are a moment to collect a little bit of extra information about difficult wins, setbacks, or other elements of progress.





button inactive

