

# WELCOME PACK

*GYE Newcomers Guide*



# Welcome to GYE!

Guard Your Eyes (GYE) is an organization that provides free and anonymous help for men and women of all ages from the entire spectrum of the Jewish community.

Our services include the following:

- The GYE self-help program, “Flight to Freedom” - for overcoming pornography & masturbation
- Referrals to the 12-step in-person recovery program
- 12-step support groups - phone conferences
- Anonymous peer support from GYE members and mentors
- Online library of thousands of articles, audio shiurim, videos, and e-books
- GYE hotline - pre-recorded messages of Chizuk and advice

All of our solutions are based on cutting edge brain and behavior research and are endorsed by leading therapists and Rabbis.

The welcome pack is divided into 5 sections:

- **The Flight to Freedom.** How to access the Flight to Freedom program - a 6-week program based on the latest brain and behavior research and Torah sources.
- **Community.** This section describes the ways you can connect with other GYE members to get Chizuk and support.
- **Support.** This describes a range of support resources that can help you to succeed, and how to reach us if you have any questions.
- **Dashboard.** This section will explain how to use the features displayed in your personal dashboard when you login to the site.
- **Additional Resources.** In this section you will find information on how to access the GYE library, the GYE Boost and more.

If you have any questions, please write to [help@guardyoureyes.org](mailto:help@guardyoureyes.org).

– The GYE Team

# Contents

- Welcome to GYE! ..... 2
- Flight to Freedom..... 4
- Community ..... 5
  - Forum ..... 5
  - The GYE Chat..... 5
  - Partner Program ..... 6
- Support ..... 8
  - The 12 Step Program ..... 8
    - The 12 Step Program..... 8
    - 12-Step Phone Conferences ..... 8
  - SMART Recovery ..... 9
  - How to Contact GuardYourEyes ..... 10
  - Therapy ..... 10
  - Filter Information ..... 11
  - GYE Hotline ..... 12
- Dashboard ..... 13
- Additional Resources.....15
- Donate .....15
- Glossary of Terms ..... 16
- Anonymity & Confidentiality ..... 17
- Terms of Use..... 17
- Disclaimer..... 17

# Flight to Freedom

The Flight to Freedom is a revolutionary program designed to help you reach freedom from any unwanted sexual behavior based on the latest cutting-edge behavior change & addiction research as well as many Torah sources.

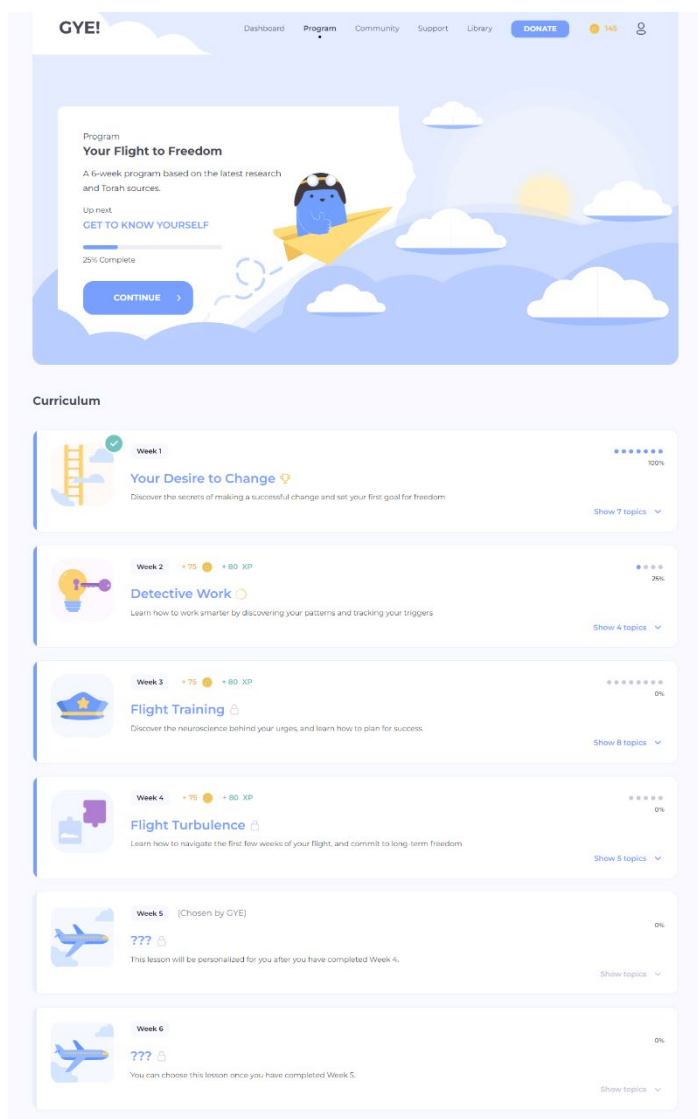
This 6-week program contains 40 video lessons recorded by Rabbi Bentzion Shafier, and 30 tools & worksheets you can download.

The lessons cover the following topics:

- How to build motivation
- The neuroscience of habits and addictive behaviors
- How to manage urges
- How to minimize temptations
- How to create a realistic & practical plan
- How to develop a positive approach to the struggle
- How to increase life satisfaction
- How to deal with setbacks
- How to stay consistent
- How to deal with painful emotions

The program is delivered in a fun and engaging way using the concept of training to become a pilot. We chose this metaphor because long-term change is a journey. Just like becoming a pilot, it takes practice and training, and like flying, it can be a thrilling experience. Finally, just like a pilot, once you learn to fly, you will always have your skills.

To access Flight to Freedom, log in to GuardYourEyes.com and click the “Program” option on the main menu.



# Community

*It's much easier to reach freedom from addictive behaviors when you are not doing it alone. Therefore, we have created community features that can be found by clicking the **community** link on the main menu.*

## Forum

The GYE forum is a place where you can have 100% anonymous conversations with other GYE members. You'll be able to read countless personal journeys of other GYE members, and also post about your own journey. When you post on the forum, you'll get input and encouragement from other members, including some of those who have years of experience.

The forum also allows you to have 1-on-1 conversations with other members using the Private Message system. To message a user, click on his username, and click on the small chat icon. Keep in mind that the messages on this system are reviewed by the moderator to make sure no inappropriate conversations are taking place.

To access the forum, click the Community link on the main menu, and then click on the Forum link. You can also access the forum directly at [guardyoureyes.com/forum](http://guardyoureyes.com/forum).

You can also bookmark the following links to easily see new activity on the forum:

- The recent topics link ([guardyoureyes.com/forum/recent/recent-topics](http://guardyoureyes.com/forum/recent/recent-topics)) will show all the topics in the forum that have been recently updated.
- The recent posts link ([guardyoureyes.com/forum/recent/recent-posts](http://guardyoureyes.com/forum/recent/recent-posts)) will show you a page with the latest messages from the forum.

## The GYE Chat

The GYE chat feature allows you to have instant anonymous chats with other GYE members who are online at the same time as you. This is a good way to discuss your situation and get some immediate moral support from another member.

For your protection, all private chats are monitored.

While it is a good thing to be open and honest with others, it is not helpful to paint a picture with vivid details of what we struggle with. This can be triggering for both parties. It's best to share what has worked for us in our own experiences rather than trying to think up good advice for the person we are chatting with.

We are not here to play therapist/rabbi, we are here as people who could relate to each other because we've been through similar situations. Sometimes just being understanding, even if we don't have all the answers, is helpful.

People may offer to be in touch via email, cellphone apps, phone, etc. Unless you have chatted with them to the point that you feel comfortable with them and feel that they are stable, this is not recommended.

Though the chat feature is moderated, and best efforts are made to keep malicious users out, some can slip through the cracks. If you have reason to believe that a user is a danger to others, please email [help@guardyoureyes.org](mailto:help@guardyoureyes.org).

## Partner Program

Shlomo Hamelech says in Koheles: מן האחד - כי אם יפלו, האחד יקים את חברו טובים השנים.

“Two are better than one... for if they fall, they can lift each other up.” (Koheles 4:9-10)

What Shlomo Hamelech is saying is that even getting support from someone in the same position as you can be a very big help. Keeping in touch with another person who has struggled with the same behaviors as you can be a game-changer and significantly increase your chances of reaching freedom.

To make it easier for you to find a suitable partner we have created a Partner Program feature which has a database of hundreds of GYE members who are looking for a partner as well.

Once you sign up to the partner program, you'll be able to search the database by:

- Marriage Status
- Age
- Location
- Background
- Contact Preference (e.g. phone, text or Whatsapp)
- Language.

The system will also automatically suggest suitable candidates for you in the “My Matches” tab.

To find out more about your potential partner, click on their username to see what they wrote about themselves. If you think the person is suitable click the “Request to become their partner” button. This will then send them an email asking them whether they are willing to partner with you. They will see a summary of what you wrote about yourself when you signed up to the Partner Program to help them to decide whether you are a good match for them.

If they accept, then the GYE website will send each of you an email with the other person's contact info.

To join the partner program or find a match, click the Community link on the main menu, and then click Partner Program. You can also access the Partner Program directly at [guardyoureyes.com/tools/partner-program](http://guardyoureyes.com/tools/partner-program).

Tips:

- If you used your personal email address when you signed up for GYE, it's a good idea to use a separate anonymous email address for the partner program. To change the email address used for the Partner Program go to your Partner Program profile (Community > Partner Program > Update / Remove Profile), and select "I'd like to use a different email for the partner program."
- If the partnership works out, and you fully trust your partner, you might be willing to share your real email address with him.
- It's also a good idea to create a virtual phone number using Google Voice for the Partner Program. Once you fully trust your partner, you might be willing to share your personal phone number with him.
- The Partner Program allows you to make up to 3 requests at a time. If you want to make additional requests, then cancel some of the previous ones, by visiting the "Pending Requests" tab, or the "My Relationships" tab in the Partner Program menu.
- If you're not able to find a partner through the Partner Program, you can try to reach out to members via the forum or the hub.

# Support

## The 12 Step Program

### The 12 Step Program

For the last eighty years or so, the Twelve Step program has helped tens of millions of people find relief from the vicious cycle of addiction.

Today there are over 200,000 12-step groups throughout the world for every type of addiction, including:

- Alcoholics Anonymous
- Gamblers Anonymous
- Overeating Anonymous
- Narcotics Anonymous
- Sexaholics Anonymous, Sex Addicts Anonymous, and Porn Anonymous

Summarized by the American Psychological Association (APA), the 12-step process involves the following:

- Admitting that one cannot control one's alcoholism, addiction, or compulsion;
- Coming to believe that faith in a Higher Power (G-d) can give strength;
- Examining past errors with the help of a sponsor (experienced member);
- Making amends for these errors;
- Learning to live a new life with a new code of behavior;
- Helping others who suffer from the same addictions, or compulsions.

GuardYourEyes can help you to decide if the 12-step program might be a good choice for you. To discuss, call or text Dov at 917-414-8205 or write to [wequithiding@gmail.com](mailto:wequithiding@gmail.com).

Our website has many great articles, audio recordings, and videos to learn more about the 12-steps. To check them out, visit <https://gyeworld.com/?category=65>.

### 12-Step Phone Conferences

Dov, a GuardYourEyes volunteer who has been sober as a result of a 12-step program for over 25 years, runs a weekly 12-step phone meeting. The group is called **Dov's Desperadoes** because they are serious about trying to work the steps together as best they can. Callers have a safe place to ask any questions and discuss how to break through barriers people have to each step as they arise.



If you're interested in joining and want to discuss whether this group is a suitable option for you, call or text Dov at 1-917-414-8205 or write to [wequithiding@gmail.com](mailto:wequithiding@gmail.com).

**Porn Anonymous** is a 12-step group specifically designed to help people who struggle with pornography addiction. The meetings are run by *zoom* and are *open to the public*. You're able to join anonymously by connecting via *zoom* and keeping your *camera turned off*. Meetings are held every day. For the schedule and *zoom* meeting info <http://p-a.online>.

If you'd like to join a 12-step phone conference in **Yiddish**, contact [gye.yid@gmail.com](mailto:gye.yid@gmail.com) for more info.

## SMART Recovery

SMART Recovery is a support group that empowers people to achieve independence from addictive behaviors using a science-based 4-point program:

1. Building and Maintaining Motivation
2. Coping with Urges
3. Managing Thoughts, Feelings, and Behaviors
4. Living a Balanced Life

If you live near Lakewood, you can join a Jewish SMART Recovery group intended for GYE members. For more information, email the organizer at [smartlakewood@guardyoureyes.org](mailto:smartlakewood@guardyoureyes.org).

If you live near Brooklyn, you can join Flight to Freedom Brooklyn. This is a group that is similar to SMART Recovery, but that uses the tools from the Flight to Freedom program. For more information, email the organizer at [smart@guardyoureyes.org](mailto:smart@guardyoureyes.org).

To learn more about SMART Recovery in general, visit <https://www.smartrecoverylakewood.org> or <https://www.smartrecovery.org>.

## How to Contact GuardYourEyes

You can contact Guard Your Eyes to get more info about any of our services.

- For all the support options, log in to the website and click **Support** on the main menu.
- You can also reach the GuardYourEyes team by emailing [help@guardyoureyes.org](mailto:help@guardyoureyes.org)

## Therapy

While GuardYourEyes is a great self-help resource for reaching freedom and offers many support and community options, it's often a good idea to see a therapist

who will help you understand some of the underlying issues behind your behavior.

An excellent place to begin your search for a suitable therapist is RELIEF, the non-profit organization with a database of highly qualified mental health professionals suitable for helping frum Jews. You can schedule a free, confidential appointment with one of their referral specialists at [www.reliefhelp.org](http://www.reliefhelp.org). (Expect to wait 24-48 hours before receiving a response.)

Amudim ([amudim.org](http://amudim.org)) can also be a good resource for therapist referrals and extra guidance that you may need. Email: [info@amudim.org](mailto:info@amudim.org) or call 646-517-0222.

## Filter Information

Having access to unfiltered internet is like walking a tightrope. Falling is just a click away, and inappropriate material often pops up even when we're not looking for it. So if you're determined to reach freedom from pornography, it's essential to have good filters installed on your devices.

Another solution is accountability software. Unlike filters, this type of software won't necessarily block any websites on your device. Instead, it sends a report of any suspicious activity to a friend or family member. The knowledge that someone will find out if you visit an inappropriate site can help you resist the temptation to view pornography.

Here are some recommendations:

Device Type	Filters	Accountability Software
<b>Windows</b>	GenTech Meshimer Techloq Netspark Nativ USA	Webchaver Truple
<b>Android</b>	GenTech Meshimer Netspark	Webchaver Truple.
<b>iPhone / iPad</b>	GenTech Meshimer	Webchaver Truple (with limited functionality).
<b>Chromebooks</b>	N/A	Truple

If you're not sure which filter will work best, or need some help with installing it, fill out the form at <https://guardyoureyes.com/protection>, and someone will get back to you.

Another option is to reach out to TAG at <https://tag.org>.

# GYE Hotline

☎ 1-646-493-6600 (646-GYE-6600).

The GYE hotline offers a number of pre-recorded messages that you can listen to on the go that will help you on your journey to freedom.

Here is a list of the options available on the GYE hotline:

Section	Dial
Learn about GuardYourEyes	1
Help with addictive behaviors	2
Recordings to help with an urge Press 4	4
Help with <b>filters</b>	5
Chizuk Messages & Shiurim	6
The Spouses Division	8
Yiddish	9
Donations	10
Leave a voice message for the GYE Team	0

While listening to the hotline you can use the following keys to manage the audio.

1	Rewind 15 seconds
2	Pause
3	Forward 15 seconds
4	Rewind 1 Minute
6	Forward 1 Minute
7	Rewind 3 Minutes
9	Forward 3 Minutes
0	Set a Bookmark (When you press 0, it bookmarks the place you were listening. Next time you call, you can press 0 again, and it will jump to where you left off. This feature is handy when listening to long recordings.)
*	Return to the previous menu

# Dashboard

## Success Tracker

The **Success Tracker** tool is available on your dashboard which has been designed to help you track your progress as you work on reaching freedom. You can record your urges, setbacks, and victories on a daily basis.

## Progress Area

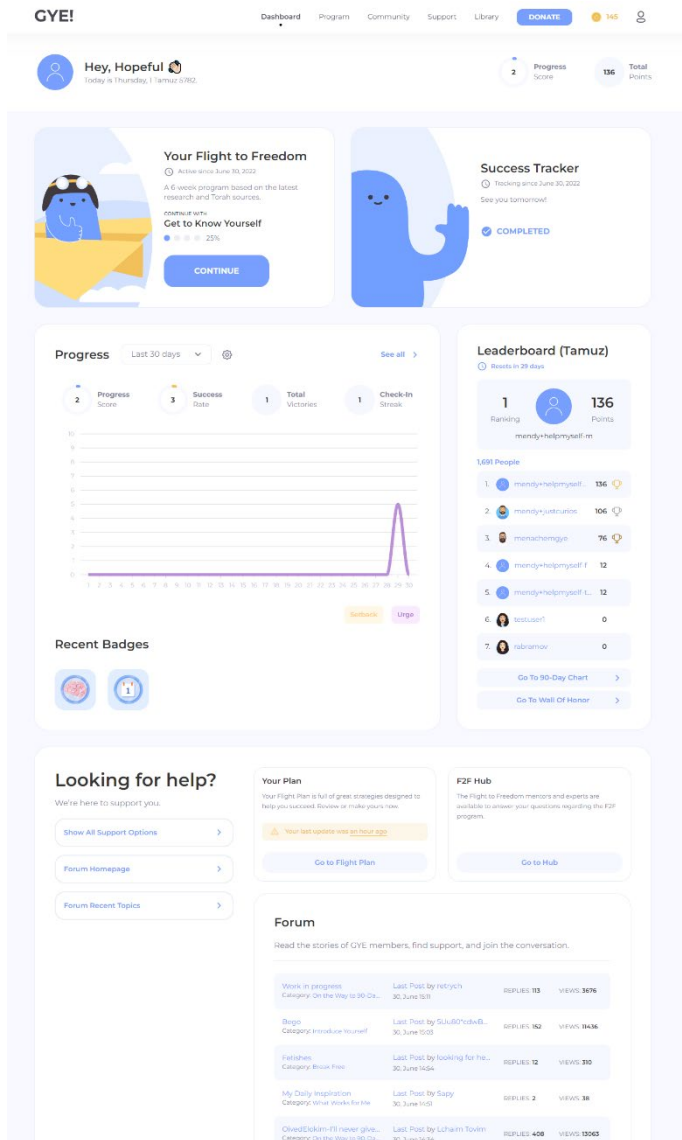
As you use the Daily Reflection tool your data will be displayed in the progress area of your dashboard in two ways. One is a graph showing trends, and the second is a series of stats that are displayed across the top.

The graph will give you a big picture view of your progress over time, for example, the last 30 days or 3 months. This will help you see your trends and patterns of urges and setbacks.

The stats are displayed on 4 dials above the graph, which gives you a detailed view of your progress according to 4 data points:

- The first score is your **Progress Score**, which uses a unique algorithm to calculate the ratio between time and setbacks during the past 30 days. For example, if you had a setback within the past 7 days your score will be lower than if you had a setback 25 days ago. If you go for 30 days without any setbacks, your progress score will be 100.
- The second score is your **Success rate** will show you the *percentage* of clean days you've added during the past 30 days.
- The third score is your **Total Victories** which will show how many days you have marked as victories since signing up at GYE.
- Finally, you'll see your **Check-In Streak** score which will show you how consistent you are with using the Daily Reflection tool.

The progress area is a great way to track your daily and monthly activity as you work towards your goal.



## Leaderboard

The leaderboard on your dashboard will show you how engaged you and other members are on the GuardYourEyes website. As you do activities on the site (for example using the Daily Reflection tool), you will earn points that will help you to climb up the leaderboard. Every *Rosh Chodesh* the leaderboard is refreshed giving everyone a fair chance to get to the top.

## Earning Coins

GYE has a virtual coin system that is designed to incentivize you and reward your efforts to reach freedom. You can earn virtual coins by doing the following activities:

- Completing Flight to Freedom lessons
- Using the Daily Reflection tool
- Completing the suggested activities shown on the top of your dashboard

The amount of coins you've earned is displayed on the top bar of the website. When you click on the number of coins shown there, you'll be taken to the "Duty-Free Store," where you can redeem them in exchange for bonus resources.

## Customize Your Avatar

Every GYE has the opportunity to create a personalized avatar for their profile which is displayed in a few places around the site. To change how it looks by clicking the profile icon on the top menu > settings > change avatar.

## The 90-Day Chart

On the bottom of the leaderboard, you can find a link to the **90-day chart**, which is GYE's legacy tracking system. You can also access it at [guardyoureyes.com/tools/90-day-chart](http://guardyoureyes.com/tools/90-day-chart).

The 90-day chart is a leaderboard that ranks members according to how many **days in a row** they have been able to stay clean. The closer you are to 90 days the higher you'll show up on the chart. Each time you pass a certain milestone (3 days clean, 7 days clean, etc.), you'll earn a special medallion that will be displayed next to your profile.

If you have a setback before 90 days, you'll return to the beginning and re-start your 90-day journey. After 90 days you'll be added to the Wall of Honor where you will continue to be awarded medallions for reaching even bigger milestones.

Just looking at the usernames on the 90 Day Chart and Wall of Honor, and reading their posts on the forum can be a source of inspiration.

# Additional Resources

## The GYE Library

The GYE library has an archive of thousands of articles, videos, and ebooks that can help you stay inspired. You can access all of these resources by clicking the “Library” tab on the main menu.

## The GYE World

The GYE World has a comprehensive collection of links to resources about Prevention, Protection, and Education, Shmiras Einayim, Help for Strugglers and their Spouses. You can access the GYE World at [gyeworld.com](https://gyeworld.com).

## Donate

All services at GuardYourEyes are provided free of charge. To make our work possible we depend on donations from people like you.

You can donate online at <https://guardyoureyes.com/donate>. We accept all major credit cards, PayPal and Zelle.

To donate securely by phone 24 hours a day, please call our automated donation system at 718-878-3075.

If you'd like to speak to someone about making a donation, call 1-646-600-8100 and press extension 3 for Yaakov. If no one picks up, please leave a message with your number and we'll call you back.

# Glossary of Terms

- Acting Out (performing any sexual behavior that you are trying to abstain from)
- Coping (to calmly and successfully face and deal with emotions or urges without it leading to acting out).
- Cues (external events or internal thoughts or feelings that can lead to an urge. These are also known as *triggers*).
- Falls (engaging in a behavior that you have committed to abstaining from. Also known as a Setback.)
- Freedom or Recovery (a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.)
- Masturbation (self-stimulation of the genitals to the point of ejaculation, i.e. release of *zera*. In GYE we use the term masturbation to refer to any intentional ejaculation, except if it happens during a wet dream, or in the context of marital relations).
- Mentor (a knowledgeable and experienced person who is willing to guide you on how to reach long-lasting freedom.)
- Partner or Co-Pilot (a person who understands or has been through the same struggle, and who you are in touch with on a regular basis)
- Porn or Pornography (sexually explicit videos, photographs, or audio or written material produced to elicit sexual arousal).
- Recovery. (See *Freedom*)
- Relapse. Having a series of setbacks/falls and then giving up on the current change attempt.
- Setbacks (engaging in a behavior that you have committed to abstaining from. Also known as a Fall)
- Slips (Acting out for a few seconds and then stopping as soon as you realize what is going on or engaging in an activity that is borderline, e.g. gazing at a person for the sake of sexual pleasure. This term can also be extended to refer to a temporary setback that does not lead to relapse.)
- Sponsor (a fellow member of the 12-step program who has been clean for a substantial period of time and is willing to offer support, guidance, and accountability, while assisting you in completing the 12 steps.)
- Triggers (same as *cues*)
- Unhooking (the act of creating distance from powerful thoughts, emotions, or urges).
- Urges (a strong desire or craving and intention to act out)
- Urge Management Techniques (strategies to successfully resist an urge without relying only on willpower).
- Values (your deepest desires for how you want to live your life and what kind of person you want to be. values can also be thought of as personal principles and standards that you choose to live by when you are being your authentic and best self).
- Victory (resisting the urge to act out)



# Anonymity & Confidentiality

All the information you submit during registration or while taking the assessments will remain 100% confidential. Your personal information will never be shared with any 3rd parties. However, if you send a testimonial about how GYE has helped you, we may share it on the website or with our donors. Of course, any personal information would be removed. All identifying information (such as usernames, or email addresses) will be removed from the data that is gathered from the assessment on GuardYourEyes before being shared with the GYE research team.

## Terms of Use

By creating an account at GuardYourEyes you are agreeing that we can email you occasionally to offer you additional assistance, announce updates, send you reminders about your account, and during our fundraising campaigns ask for a donation. If other people have access to your email account, we strongly suggest that you create a new confidential email account, and update your GuardYourEyes profile (<https://app.guardyoureyes.com/settings/profile>) with the new email address. Please keep the email address listed in the profile up to date. Accounts with an inactive or invalid email address may be deleted from our system.

## Disclaimer

GYE provides self-help materials and resources and is not a mental health service. GYE does not officially diagnose, treat or prescribe particular actions. We also guarantee outcomes for individuals as each person has unique circumstances and personal histories.

If you're suffering from any of the following, please seek advice from a mental health professional:

- If you've been a victim of sexual abuse
- If you are experiencing or engaging in domestic abuse
- If you have a history of a major mental illness (e.g., bipolar disorder, psychosis, alcohol/substance dependence, borderline personality disorder, etc.)
- If you've ever had a psychiatric hospitalization or residential addiction treatment
- If you've ever used child pornography
- If you've ever used pornography with non-consensual, violent, or illegal content
- If you've engaged in sexual activity that is non-consensual or illegal
- If you've ever made a suicide attempt or seriously considered suicide

For guidance on finding a professional please contact RELIEF at <https://www.reliefhelp.org>.

If you're under the treatment of a doctor or mental health professional, please speak to them about whether the GuardYourEyes is a good choice for you.