

**GUARD
YOUR
EYES!**

WOMEN'S 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 compulsive behaviors
- Anonymous peer support from GYE members and mentors
- 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 3 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.
- **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.

– The GYE Women’s Division

Contents

- Welcome to GYE! 2
- Flight to Freedom..... 4
- Support 5
 - How to Contact GuardYourEyes 5
 - Sister’s List..... 5
 - Therapy 5
 - Filter Information 6
- Dashboard 7
 - Success Tracker..... 7
 - Progress Area..... 7
 - Leaderboard 8
 - Earning Coins 8
 - Customize Your Avatar..... 8
- Donate 9
- Glossary of Terms 10
- Anonymity & Confidentiality..... 11
- Terms of Use..... 11
- Disclaimer..... 11

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, and 30 tools & worksheets you can download.

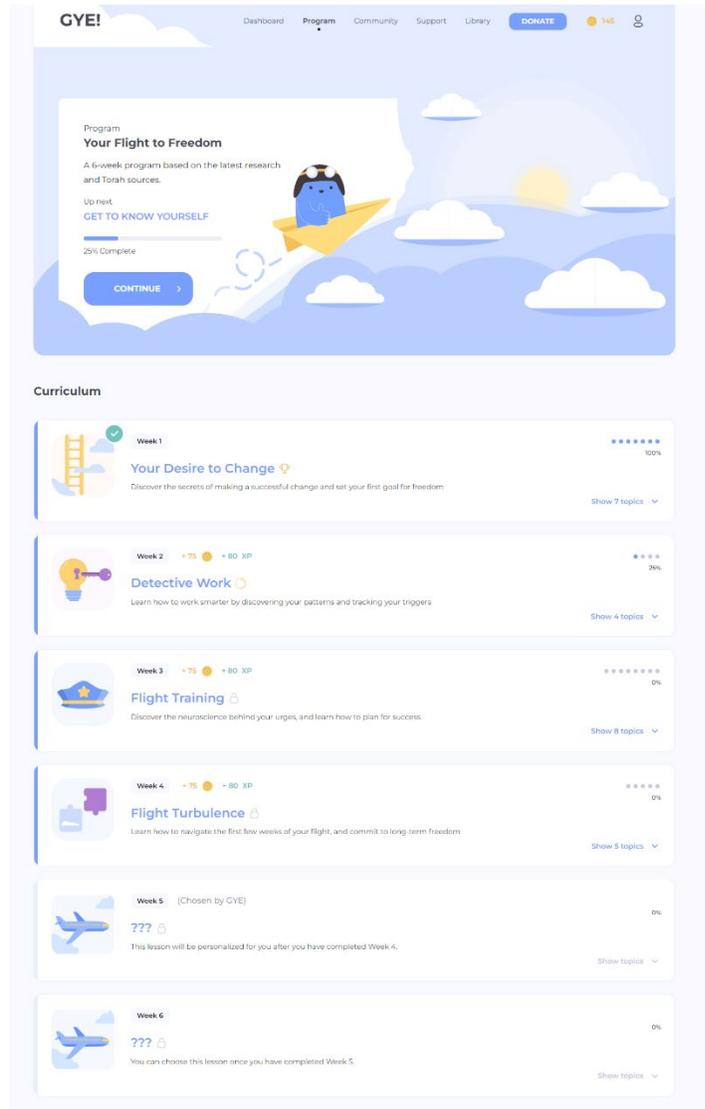
The lessons cover the following topics:

- 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.

Note: This program addresses pornography as well as masturbation. However, the strategies can be applied to any compulsive behavior that you want to change.



Support

How to Contact GuardYourEyes

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

- For technical support, write to tech@guardyoureyes.org.
- If you have any questions about the Women's division, please write to women@guardyoureyes.org.
- For additional support options, log in to the website and click **Support** on the main menu.

Sister's List

The "Sisters List," is a list of female volunteers whom you can call to get support. Everyone on this list went through their own struggles and has made significant progress on the road to recovery. Speaking with them can be uplifting and give you a renewed sense of hope that a bright future lies ahead.

Having someone who can empathize, as well as provide encouragement and support for planning and acting, is important for many people in recovery. Having such support also makes maintenance of self-change much more likely.

The list can be accessed by clicking the **Support** tab on the main menu.

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. (Expect to wait 24-48 hours before receiving a response.)

Amudim (amudim.org) can also be a good resource for therapist referrals and extra guidance that you may need. Email: 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
Windows	GenTech Meshimer Techloq Netspark Nativ USA	Webchaver Truple
Android	GenTech Meshimer Netspark	Webchaver Truple.
iPhone / iPad	GenTech Meshimer	Webchaver Truple (with limited functionality).
Chromebooks	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>.

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

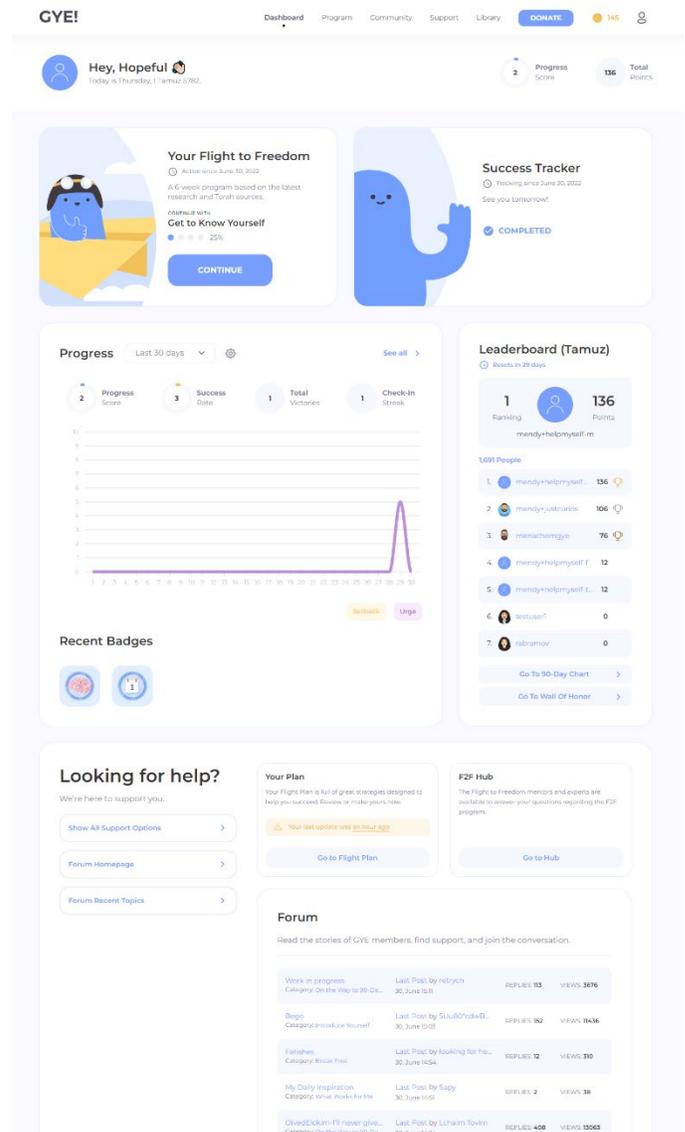
As you use the Daily Reflection tool your data will be displayed in the progress area of your dashboard in two ways. One is a graph showing trends, and the second is a series of stats that are displayed across the top.

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.

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 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 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)
- 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.)
- 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.