

## Welcome Package for Newcomers

Posted by the.guard - 15 Mar 2011 23:13

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## First Time on GYE?

[Click here](#) to learn the few quick things we suggest to help you jump straight into your journey! --

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**Welcome to our community, you have finally come home!** GuardYourEyes (GYE) is a vibrant network and fellowship of Jews of all affiliations, struggling to purify themselves and break free of lust related behaviors. For the first time, there is somewhere to turn to for help in . Once you've arrived, there's no turning back. Everyone here will just grab a hold of you and pull you up with them! In the last couple of years, the GYE network has helped roughly 1,000 Jews get back on a path of sanity, self-control and healing and has touched the lives of thousands more. GYE has become known throughout the Jewish world as the number one address for dealing with these challenges which have reached epidemic proportions. The tools of our recovery program were developed with guidance from the best experts in the field, such as Rabbi Dr. Avraham J. Twerski, and through the personal experience of hundreds of Jews who successfully broke free. We use a unique approach that recognizes that there are many different levels in these struggles. Our network is comprised of a website, a pulsating forum, phone conferences, daily Chizuk e-mails, support hotlines, therapists, live 12-Step groups and a program of recovery for all levels of this struggle/addiction. All our work is free of charge and we zealously protect the complete anonymity of all our members. **Here are some quick things you can do to help you jump straight into your journey:** 1) See the "[GYE Program in a Nutshell](#)" (*Right Click the link and press "Save Link/Target As" to save the PDF file to your computer*) that can help you quickly identify at what level of the struggle you are at, and which tools and features would help you most at your particular level. 2) Install a strong filter (see [this page](#) for more info). It is hard to break free of this while having all the garbage within a mouse click away. The filter gabai at these areas. We're all in the same boat here. *Tzuras Rabim Chatzi Nechama* [filter.gye@gmail.com](mailto:filter.gye@gmail.com) will hold the passwords for you. We also highly advise installing "Reporting Software" such as [webchaver.org](http://webchaver.org) to give you some accountability. 3) Join the daily [Chizuk e-mail lists](#) to get fresh chizuk every day. 4) Join the [90 Day Challenge](#). Scientific studies have shown that it takes 90 days to change the neuron pathways created by addictive behaviors in the brain. 5) Post away on this forum, where hundreds of yidden like you exchange chizuk and post logs of their journey to recovery. You will internalize that you are not alone, and you will learn the techniques and attitude that work for so many others. 6) Join our free anonymous [phone conferences](#), led by an experienced sponsor. 7) If you need more general guidance, write to GYE's helpline at [gye.help@gmail.com](mailto:gye.help@gmail.com) or call the hotline at 646-600-8100. 8.) Download and read the "[Guard Your Eyes Handbook](#)" (a hard copy can be purchased for cost price [over here](#)). This handbook outlines the GYE approach in detail, and makes our network much more effective and helpful for people. **The handbook has two parts:** A) The first part, "The 20 Tools", detail suggested tools and techniques, in progressive order, beginning with the most basic and fundamental approaches to dealing with this addiction, and continuing down through increasingly earnest and powerful methods. No matter what level our addiction may The second part, "Attitude & Perspective", detail 30 basic principles to help us maintain the proper

attitude and perspective on this struggle. Here are some examples: Understanding what we are up against, what it is that Hashem wants from us, how we can use this struggle for tremendous growth, how we can deal with bad thoughts, discovering how to redirect the power of our souls, understanding that every little bit counts, learning how to bounce back up after a fall, and so on and so forth... Our souls cry inside of us, but we have accustomed ourselves to block out that cry. Today we can begin to be who we really want to be. We are here for you.

[www.GuardYourEyes.org](http://www.GuardYourEyes.org) GYE E-Mail Helpline: [gye.help@gmail.com](mailto:gye.help@gmail.com) GYE Phone Hotline: 646-600-8100 Help us help others: [Donate Here](#)

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Re: Welcome Package for Newcomers  
Posted by the.guard - 16 Mar 2011 11:41

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If you would like to copy this welcoming post for a newcomer and include all the links and formatting, [CLICK HERE](#) for a text file that has it all set up.

**Note:** I used to welcome all newcomers with this "welcoming package" myself, but as I am unfortunately not available on the forum much these days, please take the first opportunity you can to welcome newcomers with this package. Yasher Koach!

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Re: Welcome Package for Newcomers  
Posted by the.guard - 13 Sep 2011 15:52

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Rabboisai, the "Welcome Package" above has been updated today, September 13 2011, to reflect the newly updated Handbook, Nutshell and other new links.

I also updated the "text file" that you can use to copy it (see post above this).

Please continue to welcome newcomers with this letter. Thank you!

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Re: Welcome Package for Newcomers  
Posted by the.guard - 25 Jan 2012 21:02

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Re: Welcome Package for Newcomers  
Posted by redimido - 27 Nov 2013 21:47

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Hi,

I'm redimido. I am 31 years old, married, and I've been dealing with lust and pornography since i was 12-13. I hope this program could help to cut from the very root this problem.

Thanks,

Redimido

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Re: Welcome Package for Newcomers  
Posted by tryingtoshteig - 27 Nov 2013 22:26

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Welcome! You have come to the right place!

You may want to consider starting your own thread by clicking on 'New Topic' and sharing more of your story.

Loooking forward to getting to know you better.

Hatzlacha!

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Re: Welcome Package for Newcomers  
Posted by StonerDan - 12 Aug 2014 15:25

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Hi, looking for someone to chat with to help me along, i can't stay clean from pornography for too long...

pretty depressed about it

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Re: Welcome Package for Newcomers  
Posted by cordnoy - 12 Aug 2014 17:11

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Welcome,

Perhaps start your own thread in the "introduce yourself" section, or the "break free" one. [Oops....just saw that you did that already; good.] Let us know your issues, struggles and so on. What have you tried that has worked? What hasn't?

Lookin' forward to get to know you.

b'hatzlachah

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Re: Welcome Package for Newcomers  
Posted by gibbor120 - 15 Aug 2014 01:12

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WELCOME! Read the handbook. Post here. You are in the right place. Many have broken free here.

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Re: Welcome Package for Newcomers  
Posted by shmulke - 03 Sep 2014 21:35

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hi how are you doing i am new to this and i would like to know how do i post things

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Re: Welcome Package for Newcomers  
Posted by cordnoy - 03 Sep 2014 21:39

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Welcome.

Look towards the top where it says "new topic."

Click there and choose a category.

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Re: Welcome Package for Newcomers  
Posted by gyeadmin - 30 Oct 2014 18:23

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testtest

Re: Welcome Package for Newcomers  
Posted by dms1234 - 30 Oct 2014 23:14

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WELCOME GYEADMIN!

You have an interesting name. You would think a newcomer wouldn't pick that name but it will do!

Check out the [GYE Handbook](#) and [Skep's tips](#)

**Warning: Spoiler!**

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Re: Welcome Package for Newcomers  
Posted by jeff hannaman - 17 Mar 2015 09:55

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Thx for the welcome. Ive been struggling with porn for a long time. Im married with children. Ive tried countless methods but im still not free,( if it's possible) , im losing hope. I feel uncomfortable with the 12-group near by and i dont believe any other exist. Thx for reading

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Re: Welcome Package for Newcomers  
Posted by cordnoy - 17 Mar 2015 11:34

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welcome

there are many here that still struggle...myself included.

what were those countless methods?

has anythin' worked in the past?

have you read the material sprinkled around this site?

lookin' forward.

b'hatzlachah

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