

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. *Tzurav 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 markz - 11 May 2016 11:56

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Welcome

Feel free to start a new topic for your long haul story

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Re: Welcome Package for Newcomers  
Posted by DABMY713 - 15 May 2016 13:17

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I recently joined GYE, not as a married man struggling with porno, but as a 45 year old never-married man trying to shake his pornography problem. My experience has taught me that pornography has undermined my ability to connect with real women; I recently got myself a new laptop to replace an old, broken one, and made sure to put in a GYE filter on it.

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Re: Welcome Package for Newcomers  
Posted by markz - 15 May 2016 13:19

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Welcome

What gyefilter are you referring to

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Re: Welcome Package for Newcomers  
Posted by DABMY713 - 15 May 2016 13:43

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I have begun at setting 4 on my laptop. Over time, I may take it down to lower settings. I am also planning to get a filter for my iPhone once the next billing cycle starts.

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Re: Welcome Package for Newcomers  
Posted by TMDivorced - 29 Jul 2016 12:57

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Re: Welcome Package for Newcomers  
Posted by wantoimprove - 29 Jul 2016 13:35

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I don't understand the post. Can you explain?

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Re: Welcome Package for Newcomers  
Posted by Gevura Shebyesod - 29 Jul 2016 14:15

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It's one of the Devs and he's testing right-to-left typing.  
**Warning: Spoiler!**

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Re: Welcome Package for Newcomers  
Posted by TMSingle - 05 Aug 2016 07:19

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Re: Welcome Package for Newcomers  
Posted by TMSingle - 05 Aug 2016 07:20

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Sdfgeetffderffyy????????? ???? ???

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Re: Welcome Package for Newcomers  
Posted by TMSingle - 05 Aug 2016 07:23

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[wantoimprove wrote on 29 Jul 2016 13:35:](#)

I don't understand the post. Can you explain?

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asdfghhhj

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Re: Welcome Package for Newcomers  
Posted by Lifeofpurity - 19 Oct 2016 09:40

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Im a regular 20 year old yeshiva Bachur and for the last several years I've been dealing with lust and pornography. The ladder primarily only on bein hazmanim since I don't have a smartphone during the Zman. And it's always a battle but my yeitzer hara ends up overpowering like a week into bein hazmanim.

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Re: Welcome Package for Newcomers  
Posted by Markz - 19 Oct 2016 12:53

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Hey welcome to GYE

I used to fall on vacation times too.

Thank Gd for GYE!!!

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Re: Welcome Package for Newcomers  
Posted by TMSingle - 15 Nov 2016 10:13

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[StonerDan wrote on 12 Aug 2014 15:25:](#)

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 moise - 15 Nov 2016 12:20

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Hi, I am new to the forum, 42 yrs old. I have been acting out with pornography and other forms of lust since I was 14. I wasted a lot of my potential to live a meaningful life up to now in the pursuit of lust. After a number of false starts since coming to the website, I installed a filter on my computer that allows me only access to the internet in the daytime during working hours and blocks unwanted content even during working hours. I have not acted out since doing this. I am also keeping myself busy with work. I am now going step by step through the tools on the blue level.

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