

Welcome Package for Newcomers

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

First Time on GYE?

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

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 filter.gye@gmail.com will hold the passwords for you. We also highly advise installing "Reporting Software" such as 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 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 be, we will help you. 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 GYE E-Mail Helpline: 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 wantoimprove - 15 Nov 2016 20:37

You have a great start, Moise. Keep up the good work and keep us posted!

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Re: Welcome Package for Newcomers
Posted by Aaronhopeful@gye.com - 19 Mar 2017 06:54

Hi it's my first day in gye. I'm hoping that HaShem help us all succeed that mitzva. And make us holy. Amen.

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Re: Welcome Package for Newcomers
Posted by Aaronhopeful@gye.com - 19 Mar 2017 06:55

[Aaronhopeful@gye.com wrote on 19 Mar 2017 06:54:](#)

Hi it's my first day in gye. I'm hoping that HaShem help us all succeed that mitzva. And make us holy. Amen.

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Re: Welcome Package for Newcomers
Posted by shlomo613 - 27 Apr 2017 08:41

Hi, A while ago I listed to an amazing recording by Miriam for wives of addicts. I want to give it to my wife to listen to (she knows about my addiction) but now I can't find the recording. Could someone direct me to it please? Thank you.

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Re: Welcome Package for Newcomers
Posted by GrowStrong - 27 Apr 2017 09:01

is it [This](#)?

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Re: Welcome Package for Newcomers
Posted by Mosesatl - 19 Nov 2017 05:04

Hello

I am mosesatl

joined this evening

my Sa sobriety date is July 4,2013

i am surrendering same sex attraction with men

Thus far, I embrace my powerlessness

Totally dependent in God!

thanks

mosesatl

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Re: Welcome Package for Newcomers
Posted by wantoimprove - 19 Nov 2017 07:50

Something is hidden for guests. Please log in or register to see it.

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Re: Welcome Package for Newcomers
Posted by Helpaneshuma - 22 Nov 2017 07:04

Hi I'm 19y/o Bocher I'm in a Yeshiva for 1st Seder and I work in the afternoon I'm struggling badly from sex addiction I need people to have conversations through (text etc.)

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Re: Welcome Package for Newcomers
Posted by Hashem Help Me - 22 Nov 2017 07:27

Welcome. you have come to the right place. It should iyh be with hatzlocha.

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Re: Welcome Package for Newcomers
Posted by gibbor120 - 22 Nov 2017 19:01

Welcome! Check out the handbook. Keep posting. Many have been helped here. NEVER EVER GIVE UP!

Re: Welcome Package for Newcomers

Posted by BecomingBetter - 24 Nov 2017 16:18

Hi. I am 17 and hoping to become a better Jew and person all around.

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Re: Welcome Package for Newcomers

Posted by Hashem Help Me - 24 Nov 2017 17:55

Welcome. you have come to a good place. Maybe post what your challenges are.

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Re: Welcome Package for Newcomers

Posted by joeross275 - 28 Dec 2017 04:20

hey guys. this is joeross. im 20 and ive been struggling with shmiras habris for a long time now....dont rilly know how these things work on this website...anyone have any advice?

all the best! hatzlacha!

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Re: Welcome Package for Newcomers

Posted by Hashem Help Me - 28 Dec 2017 12:26

Welcome It should be with hatzlocha!

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