

New to Forum

Posted by joelshaya - 04 Oct 2011 15:44

B'H I found this forum. I've wanted to be in a forum of Frum men struggling from this addiction. I've been going to SA for 18 years, but I'm sober less then one week. I am looking forward to a safe, sober year and I wish the same for every one.

Gamar Chasima Tovah,

SHaya

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Re: New to Forum

Posted by alexeliezer - 04 Oct 2011 15:51

That's a little sobering!

Welcome Shaya!

Hopefully the tools on GYE, and us guys, can get you to a better place.

Dare I ask? What's your story?

Alex

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Re: New to Forum

Posted by heuni memass - 04 Oct 2011 16:24

Welcome Shaya,

Have a seat and join us.

We need you here, posting helps and gives chizuk to others as well.

Post away.

Seems like you have some history, care to share?

We are all here to get sober together.

Oh lets get you the hand books.....hold on..

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Re: New to Forum

Posted by heuni memass - 04 Oct 2011 16:26

Here it is

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 these areas. We're all in the same boat here. *Tzuras Rabim Chatzi*

. 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 have advanced to, we will be able to find the right tools to break free in this handbook!

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: New to Forum

Posted by gibbor120 - 04 Oct 2011 18:10

WELCOME JS! Nice to have you with us. I'm sure we can all learn from your experience.
Looking forward to "hearing" from you.

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Re: New to Forum

Posted by blackbigday - 04 Oct 2011 19:00

Welcome Shaya- you are in the right place.

Help me understand, what does it mean to be in SA?

What didn't work for 18 years (please forgive me for asking, I'm trying to learn from you how to
crawl out of my addiction)?

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Re: New to Forum

Posted by joelshaya - 05 Oct 2011 12:50

Black bigday,

Thanks for writng back to me. SA is a fellowship of men and women who share their experience
and hope together to recover form Sexual Addiction. SA isa program that has helped thousands
to stop their destrucive sexual behavior, see here: www.sa.org/ I'm willing to help in any way.
SA is a path out of the woods of addiction. I'm sure there are meetings in your area. Contact me
and I'll put you in touch with someone in your area to find meetings.

Hava a Safe Sober Day,

SHaya

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