

Hoping for connection with people who understand, and B'H" to get free of this.

Posted by Emuniyahu - 04 May 2012 21:44

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Re: Hoping for connection with people who understand, and B'H" to get free of this.

Posted by obormottel - 06 May 2012 07:22

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 Nechama . 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

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

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: Hoping for connection with people who understand, and B'H" to get free of this.
Posted by the.guard - 06 May 2012 15:52

Reading your story, I think you can gain so much from the 12-Step program. But it's not enough to just read and hear about it. It needs to be "worked" in the context of a group, and with sponsors...

Join our 12-Step phone conferences. We recently started a new cycle. See this page for more info: www.guardyoureyes.com/component/zoo/item/big-book-study-group

Also, if you're in Israel I can give you info on live 12-Step groups in jerusalem. Write me at eyes.guard@gmail.com

Hatzlacha

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