

GREAT NEWS! NEW GYE HOTLINE! 646-493-6600

Posted by ChaimMod - 09 Jan 2022 19:29

We are very excited to announce our brand new hotline!

646-GYE-6600

(646-493-6600)

?The purpose of the hotline is that people should be able to easily access and listen to information and many useful tools & techniques for recovery as well as get chizzuk and listen to shiurim on topics of Kedusha.

WE NEED YOUR FEEDBACK...

As this is the first release / beta version of the hotline, we would really appreciate your suggestions, feedback or comments that you may have.

You can post on this thread or email to chaim@guardyoureyes.org

=====

Re: GREAT NEWS! NEW GYE HOTLINE! 646-493-6600

Posted by Shtarkandemotional - 09 Jan 2022 20:25

Wow wow! I called right now! It's Amazing! Gye is amazing! There's no reason to have a smartphone anymore... it used to be for some for chizuk on gye! Now we have this amazing hotline! With even the most amazing relaxing mindfulness recordings! It's packed packed with

=====

Re: GREAT NEWS! NEW GYE HOTLINE! 646-493-6600

Posted by Hashem Help Me - 09 Jan 2022 20:52

Klal Yisroel owes GYE an enormous amount for the constant efforts on our behalf. Another strategy, another chizuk, it is incredible. Ashreichem!

=====

=====

Re: GREAT NEWS! NEW GYE HOTLINE! 646-493-6600
Posted by sleepy - 10 Jan 2022 05:03

great idea !ty!everyone please be aware ,if being anonymous is important to you,that if you call ,you will show up on gyes caller id

=====

=====

Re: GREAT NEWS! NEW GYE HOTLINE! 646-493-6600
Posted by Hashem Help Me - 10 Jan 2022 11:55

[sleepy wrote on 10 Jan 2022 05:03:](#)

great idea !ty!everyone please be aware ,if being anonymous is important to you,that if you call ,you will show up on gyes caller id

Dial *67 ("star" followed by 67) and it blocks caller id.

=====

=====

Re: GREAT NEWS! NEW GYE HOTLINE! 646-493-6600
Posted by Shmuel - 10 Jan 2022 14:19

[Hashem Help Me wrote on 10 Jan 2022 11:55:](#)

[sleepy wrote on 10 Jan 2022 05:03:](#)

great idea !ty!everyone please be aware ,if being anonymous is important to you,that if you call ,you will show up on gyes caller id

Dial *67 ("star" followed by 67) and it blocks caller id.

Thank you for this tip!

Because without it, the guy with the curled mustache sitting in the GYE basement using the NSA database will look up my number amongst the thousands of incoming calls and figure out exactly who I am. and you can be sure that the next thing on his agenda is to ruin my life by telling everyone that I am human and that I am actually willing to try working on some very normal struggles that I have...

Warning: Spoiler!

=====

Re: GREAT NEWS! NEW GYE HOTLINE! 646-493-6600
Posted by Ybird - 10 Jan 2022 16:09

please add the option of updating the 90 day chart on the hot line, i only have access M-F 9am to 5pm, i want to be able to upate in the weekends too

=====

=====

Re: GREAT NEWS! NEW GYE HOTLINE! 646-493-6600

Posted by Gevura Shebyesod - 10 Jan 2022 17:09

No problem, all they have to do is link your caller ID to your screen name, have you enter your

=====

=====

Re: GREAT NEWS! NEW GYE HOTLINE! 646-493-6600

Posted by ChaimMod - 10 Jan 2022 17:34

Welcome to the GuardYourEyes Hotline.

SS# for verification, send them a selfie with your filtered phone....

- To learn about GuardYourEyes Press 1
- For help with addictive behaviors, Press 2.

- For general guidance Press 1

- If you are under 18 years old press 1

- If this is your first time calling, press 1
- For an introduction on how to deal with the struggle, Press 2
- To learn how to increase motivation, press 3

- For an introduction on increasing motivation press 1
- For The “Life Priorities” tool press 2
- For the “Reasons for change” tool press 3
- For the “Pros and Cons” tool press 4
- For short motivational press 5

- To learn how to minimize temptations, press 4
- For recorded messages about to deal with urges, press 5

- To listen to an intro about dealing with urges press 1
- To listen to strategies on how to deal with urges, press 2

- For the “Delay” strategy, press 1
 - For the Distract & Connect strategy, press 2
 - For the Find the Fox strategy, press 3
 - For the Urge Surfing strategy, press 4
 - For the Get Safe strategy, press 5
 - To listen to all strategies, press 6
- To learn how to create a good plan, press 6
- To learn about dealing with falls and setbacks press 7
- For answers to common questions, press 8
- For the Flight to Freedom program, press 9
- If you have access to the web, you can get more help by visiting GuardYourEyes.com., You can email questions anonymously to help@guardyoureyes.org.
- If you’ve listened to these messages, and would like to speak to one of our Mentors in person, press 0
- If you are over 18 years old press 2
- If this is your first time calling, press 1
 - For an introduction on how to deal with the struggle, Press 2
 - To learn how to increase motivation, press 3
 - For an introduction on increasing motivation press 1
 - The the “Your values” exercise press 2
 - For the “Reasons for change” exercise press 3
 - For the “decisional balance” exercise press 4
 - To learn about triggers and how to avoid them, press 4
 - For information on how triggers work, press 1
 - To learn how to track triggers, press 2
 - To learn how to minimize triggers, press 3
 - For recorded messages on how to deal with urges, press 5
 - To listen to an intro about dealing with urges press 1
 - To listen to strategies on how to deal with urges, press 2
 - For the “Delay” strategy, press 1
 - For the Distract strategy, press 2
 - For the Find the Fox strategy, press 3

- For the Urge Surfing strategy, press 4
- For the TaphSic strategy, press 5
- To listen to all strategies, press 6
- To learn how to create a good recovery plan, press 6
- To learn about dealing with falls and setbacks press 7
- For answers to common questions, press 8
- For info on recovery programs and support groups press 9

- For the Flight to Freedom program, press 1
- To learn about support groups for addiction, press 2

- Give some general info... To speak to Yaakov about the various groups available, press 1.
- To speak to Dov about how 12-step groups work, and if they might be a good fit for you, press 2.

- If you're struggling with an urge right now Press 2

- For short inspirational messages press 1
- To listen to Mindfulness recordings, press 2

- For an intro on Mindfulness, press 1
- For beginner recordings, press 2
- For advanced recordings, press 3
- To listen to a random Mindfulness recording press 4
- For Urge Surfing recordings, press 3

- [Extension for each recording]
- For the SOBER technique Press 4
- For Relaxation recordings, press 5

- For "Focus on your breath" press 1
- For "Guided Imagery" press 2
- For "Release physical tension" press 3

- For help with filters press 3
- For Chizuk Messages & Shiurim Press 4

- For a random short inspirational boost, press 1
- For Shiurim and lectures press 2

- For a list by topic press 1
- For a list by Speaker press 2
- For a list by time of year press 3
- For shiurim for bochurim press 4
- For shiurim for mechanchim press 5
- For the Women's Division Press 5...
- For the Spouses Division Press 6....
- For Yiddish Press 7...
- To donate Press 8...

Here are some functions that you can use while listening to the hotline.

While listening to a Playback or Series you can use the following keys to control the playback.

1. Rewind 15 seconds
2. Pause
3. Forward 15 seconds
4. Rewind 1 Minute
5. Increase Volume
6. Forward 1 Minute
7. Rewind 3 Minutes
8. Decrease Volume
9. Forward 3 Minutes
0. Bookmark Save
- *. Return to previous menu.

=====

=====

Re: GREAT NEWS! NEW GYE HOTLINE! 646-493-6600
Posted by ChaimMod - 10 Jan 2022 17:36

[Ybird wrote on 10 Jan 2022 16:09:](#)

please add the option of updating the 90 day chart on the hot line, i only have access M-F 9am to 5pm, i want to be able to update in the weekends too

This is a great idea. We are planning to implement this IY"H in a future update.

=====

Over 100 Shiurim were added to the hotline
Posted by ChaimMod - 12 Jan 2022 22:02

GREAT NEWS!!

Over 100 Shiurim were added to the hotline

(from the speakers below)

Press 4 for For Chizuk Messages & Shiurim

Press 2 For Shiurim and lectures

Press 2 For a list of Speaker

1 Rabbi YY Jacobson

2 Rabbi David Ashear

3 For Rabbi A J Twerski Z"L

4 Rabbi Yissocher Frand

5 Rabbi Yaakov Nadel

6 Rabbi Yosef Palacci

7 Rabbi Ben Tzion Shafier

8 Rabbi Yechiel Spero

9 Rabbi Yosef Viener

10 Rav Ephraim Wachsman

11 Rabbi Zecharia Wallerstein

=====

Re: GREAT NEWS! NEW GYE HOTLINE! 646-493-6600
Posted by ChaimMod - 13 Jan 2022 15:08

Here are some functions that you can use while listening to the hotline.

We added: "Press # to go to saved bookmark"

While listening to a Playback or Series you can use the following keys to control the playback.

1. Rewind 15 seconds
2. Pause
3. Forward 15 seconds

- 4. Rewind 1 Minute
- 5. Increase Volume
- 6. Forward 1 Minute
- 7. Rewind 3 Minutes
- 8. Decrease Volume
- 9. Forward 3 Minutes
- 0. Bookmark Save
- #. Go to saved Bookmark
- *. Return to previous menu.

=====

=====

GYE HOTLINE UPDATE!

Posted by ChaimMod - 14 Jan 2022 14:53

GYE HOTLINE UPDATE!

We just uploaded many shiurim and boosts by topic as follows:

646-493-6600 press 4 - 2 - 1

Chizuk On Nisyonos 1

Motivation 2

Dealing with Setbacks 3

Teshuvah 4

Shmiras Einayim 5

Stimulus Control 6

Attitude of kedusha 7

Dealing with Urges 8

Normalization 9

For "The Fight" series 10

Self Value 11

=====

Re: Over 100 Shiurim were added to the hotline
Posted by sleepy - 16 Jan 2022 06:02

[ChaimMod wrote on 12 Jan 2022 22:02:](#)

GREAT NEWS!!

Over 100 Shiurim were added to the hotline

(from the speakers below)

Press 4 for For Chizuk Messages & Shiurim

Press 2 For Shiurim and lectures

Press 2 For a list of Speaker

1 Rabbi YY Jacobson

2 Rabbi David Ashear

3 For Rabbi A J Twerski Z"L

4 Rabbi Yissocher Frand

5 Rabbi Yaakov Nadel

6 Rabbi Yosef Palacci

7 Rabbi Ben Tzion Shafier

8 Rabbi Yechiel Spero

9 Rabbi Yosef Viener

10 Rav Ephraim Wachsman

11 Rabbi Zecharia Wallerstein

thank you!

=====

HOTLINE UPDATE!

Posted by ChaimMod - 16 Jan 2022 21:01

HOTLINE UPDATE

We've updated the section "if you're struggling with an urge right now"

Press 2 For help with addictive behaviors

Press 2 If you're struggling with an urge right now

We added there many great "mindfulness" & "urge surfing" recordings...

=====
=====