

GET A PHD IN GYEONICS

Posted by the.guard - 31 Dec 2009 13:11

I need more experts on this forum in the handbooks. I won't always have the time to post links to them, and to the relevant chapters therein. Who wants to take it upon themselves to study the handbooks well and be able to start pointing people to the relevant sections? It's a shame that I seem to be the only one who knows them well enough to point things out from them. I believe they are the foundation of the entire GYE approach, i.e. progressively powerful tools for progressive levels of addiction. This is a *chiddush* of GYE that you won't find anywhere else in the world, to my knowledge. And we need to have more people trained in this approach.

Common guys, who wants to apply for a PHD in GYEonics? Graduation is in 3 months. I will be

(For those who are interested, write me an e-mail and I'll send you a more updated version of the GYE handbook which is almost ready to be posted on the site).

KLAL YISRAEL NEEDS YOU. In the place where there are no men, BE A MAN!!

Let me tell you a little about the two GuardYourEyes handbooks. They lay down the cornerstone and foundation of our work, and they make our network much more effective and helpful for people.
giving out certificates to those who can pass a special test I will create.

You see, until now, people would often get "lost" when coming to our website, not knowing what tips and techniques to try. For example, a beginner wouldn't jump straight into therapy or 12-Step groups, while on the other hand, someone whose addiction was more advanced wouldn't be helped by the standard tips of "making fences" putting in "filters" etc... So it was essential to develop a handbook which details all the techniques and tools to dealing with this addiction in progressive order. Now with these handbooks, anyone can read through and see what steps they've tried already, and if those steps haven't worked, they can continue on through the handbook where the steps become progressively more powerful and "addiction-oriented".

And the second handbook, called the "Attitude" handbook, can also help anyone, no matter what level of addiction they may have. Often people write in to us saying that had they only known the proper outlook & attitude that we try and share on the GuardYourEyes network when they were younger, they would have never fallen into an addiction in the first place! So we hope that through this handbook, many addictions will be prevented.

The handbooks are PDF files, set up as eBooks, and they have bookmarks and hyper-links in the Index, to make them easy to navigate.

Make sure to read them, they contain a wealth of information on beating this addiction! And I'd love to hear your feedback on them...

Note: You might want to print them out to read away from the computer. Keep in mind though, that if you do this, you won't be able to click on the many web links in the articles. But you can always come back to them later. The truth is, it's anyway good to go through the whole handbook once without clicking on links, just to get an overview of all the tools available. Once you did that, you can start again from tool #1 and read each tool through more carefully, click the links and study each technique and assess whether you have tried it fully yet or not...

Right click on the links below and select "Save Link/Target As" to download the handbooks to your computer.

1) [The GuardYourEyes Handbook](#)

This Handbook details 18 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. For the first time, we can gauge our level of addiction and find the appropriate tools for our particular situation. And 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!

2) [The GuardYourEyes Attitude](#)

The Attitude Handbook details 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...

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Re: GET A PHD IN GYEONICS
Posted by the.guard - 31 Dec 2009 15:06

We already got one person who wants to undertake the challenge! We sent them the updated handbook.

We are scheduling a test on both handbooks for March 4th, 2010. That's in 3 months from now (right after Purim). And the Siman is: **March Forth** and help OTHERS. That's right, March 4th.

Those who pass the test will get an official GYE certification which will give them special sponsor - and moderator - privileges on this forum.

A quote from tool #12 of the GYE handbook:

It is interesting to point out that the addicts of AA often found that if they did not make the purpose of their recovery to help others as well, they could do everything else in the 12-Step program, but sooner or later they would lose sobriety. And the reasoning behind this is that if our whole recovery is only self-serving, we can easily get confused with doing what we feel like doing, which is also self-serving. However, if we are continuously thinking of others, it keeps us on the right track as well.

Get your wings, Rabbosai! Join the Revolution!

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GYE - Guard Your Eyes

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Re: GET A PHD IN GYEONICS

Posted by Kedusha - 31 Dec 2009 15:46

[guardureyes wrote on 31 Dec 2009 15:06:](#)

We are scheduling a test on both handbooks for March 4th, 2010. That's in 3 months from now (right after Purim). And the Siman is: **March Forth** and help OTHERS. That's right, March 4th.

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Re: GET A PHD IN GYEONICS

Posted by Ineedhelp!! - 31 Dec 2009 16:02

-Yiddle

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Re: GET A PHD IN GYEONICS

Posted by the.guard - 31 Dec 2009 16:15

According to my calendar, it's in just over two months.

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Re: GET A PHD IN GYEONICS

Posted by Kedusha - 31 Dec 2009 16:19

[Yiddle2 wrote on 31 Dec 2009 16:02:](#)

-Yiddle

The Guard sounds like he's being serious.

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Is there really going to be a test? or was that a joke? (I know I am slow) :

Re: GET A PHD IN GYEONICS

Posted by Ineedhelp!! - 31 Dec 2009 16:27

The Guard sounds like he's being serious.

[/quote]

-Yiddle

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Re: GET A PHD IN GYEONICS

Re: GET A PHD IN GYEONICS

Posted by Kedusha - 31 Dec 2009 16:31

[Yiddle2 wrote on 31 Dec 2009 16:27:](#)

The Guard sounds like he's being serious.

-Yiddle

[/quote]

How will he know if you read the handbooks if you don't take some sort of test?

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Re: GET A PHD IN GYEONICS
Posted by the.guard - 31 Dec 2009 16:32

Yeh, Kedusha is probably right (I think).

Can you tell from his voice?

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Re: GET A PHD IN GYEONICS
Posted by Ineedhelp!! - 31 Dec 2009 16:44

Can we get Reb Guard to give a Chazara Shiur on it with Mar'eh Mekomos? We can record it

and post it on GYEtorah...

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Also what about Chavrusas

Re: GET A PHD IN GYEONICS

Posted by 7yipol - 31 Dec 2009 16:51

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Moderator??

WOW!

Ive always wanted to be one of those!

Count me in

KEWL!

:D

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Re: GET A PHD IN GYEONICS

Posted by Ineedhelp!! - 31 Dec 2009 16:54

Look to the left of ur last post, "mom"....

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Re: GET A PHD IN GYEONICS
Posted by Kedusha - 31 Dec 2009 16:59

[7Up wrote on 31 Dec 2009 16:51:](#)

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Moderator??

WOW!

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Count me in

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:D

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Generated: 21 April, 2025, 02:25

Re: GET A PHD IN GYEONICS

Posted by 7yipol - 31 Dec 2009 17:05

[Kedusha wrote on 31 Dec 2009 16:59:](#)

[7Up wrote on 31 Dec 2009 16:51:](#)

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Moderator??

WOW!

Ive always wanted to be one of those!

Count me in

KEWL!

:D

So sorry Rabbi, mom got here first!

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Re: ~~can a be a moderator, Im gonna be a moderator...~~ (you pick the tune; Im shomer kol isha!!)

Posted by the.guard - 31 Dec 2009 17:39

No, see, if you're currently a moderator and **fail** the test, well... um... :-[

Read up! ;) ;D

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