

## GET A PHD IN GYEONICS

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

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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!!

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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 theOne - 31 Dec 2009 18:14

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;D ;D ;D ;D ;D ;D whenever i watch ur pics i gтта laff. they are sooo good. though u seem to be

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Re: GET A PHD IN GYEONICS

Posted by Kedusha - 31 Dec 2009 18:33

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[Rage ATM wrote on 31 Dec 2009 17:46:](#)

yiddle2, may i remind you of attitude 14 of our handbook, no pain no gain. 14. "No pain no gain"

Naturally we go to what feels good and try to avoid pain. We got that from cows. Animals don't understand that a painful experience can be beneficial. Try to explain surgery to a cow. Pleasure

and suffering are both part of life. But we get to choose which pleasures we want and which

suffering we want. And the choice is either the false pleasure that the addiction offers us, or the pleasures that Hashem wants us to have – which are infinitely greater. Do we choose the pain of the spiritual "work-out" or the pain of the disease getting worse?

The Steipler points out in the first volume of Krayna D'igrisah that anyone who keeps away from these forbidden pleasures is promised to receive the pleasures of life from other areas instead.

And conversely it follows, that those who accept upon themselves the suffering that breaking

free entails, will save themselves much suffering in other areas of life.

If we decide, that no matter how painful it is we won't give in - even if we feel like we are dying, Hashem takes away the pain from us and it becomes much easier. See this amazing revelation in Chizuk Email #420.

7up, you shouldnt be doing this to be a mod, afterall, helping others is a key component (#12) of our handbook. Helping Others

The last of the 20 steps to Teshuvah of Rabeinu Yona, and the last of the 12-Steps to breaking free of addiction, both talk about helping others who are struggling with the same issues we struggle/d with. As David Hamelech writes in Tehhilim 51 (the famous Kappitle of Teshuva after the story of Bat Sheva): "alamda poshim dirachecha, vechataim eilecha yashuvu – I shall teach sinners your ways, and sinners to you will return". But this is not just about Teshuvah, and it's not even just about helping others. This is about our

own personal recovery. There is no better way to assure our own long term sobriety than to be in constant contact with the GuardYourEyes community and to be helping others every day.

Whether it is by being an accountability partner or sponsor for someone else who is struggling, or

whether it is through posting on the forum, we are needed out there, and we need the others out there even more.

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.

And this is one of the secrets to understanding the importance of the Mitzva of "ve'ohavto le'reiecho kamocha - loving your fellow man as yourself" which Rabbi Akiva called a "klal

gadol ba'Torah – a great cornerstone of the Torah". When we are living for others and not just living a "self serving" existence, we can learn how to truly do the will of Hashem for His sake.

Indeed, Rav Chaim Volozhyn is quoted as saying (by his son in the hakdomo to Ruach Chaim on

Avos) that the entire purpose of our existence is to do for others.

Rage - this is beautiful, but it's not at all your style (for one thing, all the words are spelled  
) . Is it based on the handbooks, perhaps?

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Re: GET A PHD IN GYEONICS  
Posted by the.guard - 31 Dec 2009 19:01

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[Rage ATM wrote on 31 Dec 2009 18:35:](#)

waddy meen teh wrds r al spellde corrtly? muy spelings secnd 2 non...

correctly!  
Right. Second to none.

"None" is like, **really** bad spelling.

And *second* to none, is, well, even **worse**!!

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Re: GET A PHD IN GYEONICS

Posted by the.guard - 31 Dec 2009 19:03

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BTW Rage, jokes aside, I don't mean being able to cut and paste parts of the handbooks, I mean being able to explain to people the yesodos therein - in your own RAGEY way!!

And of-course, to also be able to write "for more on this idea, I encourage you to see Tool #7 of

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Re: GET A PHD IN GYEONICS

Posted by the.guard - 31 Dec 2009 21:38

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How *does* "second to none" mean what it means anyway? ???

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the GYE handbook"

Re: GET A PHD IN GYEONICS

Posted by Kedusha - 31 Dec 2009 22:20

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[guardureyes wrote on 31 Dec 2009 21:38:](#)

How *does* "second to none" mean what it means anyway? ???

Not sure if you're serious - it means second to no one - i.e. not in second place when compared to anyone.

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Re: GET A PHD IN GYEONICS

Posted by the.guard - 31 Dec 2009 22:34

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oh 8)

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Re: GET A PHD IN GYEONICS

Posted by imtrying25 - 01 Jan 2010 00:41

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Ok im willing to give it a shot. But only if i get a real certifacate. Na donly if i can erase posts. Thats my drive to this. i wanna start erasing posts. are we in for a deal guard?? eh??

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Re: GET A PHD IN GYEONICS

Posted by UTS - 04 Jan 2010 07:43

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[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.

Dear Guard,

I know that this will probably sound crazy, but actually I personally think that this is a great idea. And there really should be some kind of a test.

That is an educational tool that has been known to work. Why not? It's only for people who

want it of course. I cannot volunteer yet bec. I haven't read them well enough yet. (Yet...)

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Re: GET A PHD IN GYEONICS

Posted by the.guard - 04 Jan 2010 14:33

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Yes, I'll try and prepare a real test... And a real certificate, honest.

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Re: GET A PHD IN GYEONICS

Posted by 7yipol - 04 Jan 2010 20:51

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Count me out!

I hated school

Hated tests

Dont want to take any more till the final at 120!

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Re: GET A PHD IN GYEONICS

Posted by Kedusha - 04 Jan 2010 22:21

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Re: GET A PHD IN GYEONICS

Posted by the.guard - 04 Jan 2010 23:30

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[7Up wrote on 04 Jan 2010 20:51:](#)

Count me out!

I hated school

Hated tests

Dont want to take any more till the final at 120!

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Re: GET A PHD IN GYEONICS

Posted by imtrying25 - 04 Jan 2010 23:32

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Or do you like sushi or ice cream.

And can you drive a truck while drinking woodford?

And do you wanna join rages revolution?

And do you understand " safah dovish" ?

~~Don't worry Mom, it will be a fun test with questions like, "what is your favorite drink?"~~

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